

2008 Eckhart Tolle-and Oprah Winfrey-New-Earth-Webcast-Full-NoAds Part 2

[Speaker 1] (0:00 - 0:19)

If you truly look around and sense and feel, it's miraculous. The entire universe is miraculous. Yes.

And when you are so trapped in your thoughts that you don't see this anymore, then the entire universe becomes dead to you and there's nothing new that ever arises. You know, I was practicing this this weekend.

[Speaker 2] (0:19 - 1:08)

I was saying to Eckhart before we started that I was under the weather and had an obligation in New Orleans and wasn't able to fulfill that commitment. And normally I would have just been beating myself up about it because I've never had to cancel anything before. But I decided to be with the fact that I was sick.

And I had one of the happiest days of my life, being sick in bed, because I accepted it and was not fighting the fact that I wasn't well. I thought, I'm going to be with feeling badly and I'm going to appreciate everything about the day. So every cup of tea that Stedman brought me, I was happy.

And happy that I was, you know, I had clean sheets. I mean, and happy that I could open the curtains and there was sun coming through the window. And I just had the most happy time being sick in bed.

Yeah. So that's what you're talking about.

[Speaker 1] (1:08 - 1:08)

Yes.

[Speaker 2] (1:09 - 1:11)

Being able to be grateful from where you are.

[Speaker 1] (1:11 - 1:12)

Yes, very, very powerful.

[Speaker 2] (1:12 - 1:15)

Yeah, if I hadn't read this book, I might not have been able to do that.

[Speaker 1] (1:15 - 1:54)

So it's been very helpful to me. And you say... Yeah, go ahead.

You can even be grateful for things that on the surface don't look so good. When you accept what is, you're grateful for whatever situation arises. Let's say your car breaks down and you have to change the tire in the middle of the night.

And even there you can say, okay, we come to this later in the book. It begins sometimes, a so-called negative situation, it begins with not resisting it. And so...

Don't you say in the power of now... I just interrupted a thought.

[Speaker 2] (1:54 - 1:58)

But don't you say in the power now that all stress comes from resisting the present moment?

[Speaker 1] (1:58 - 1:59)

Yes.

[Speaker 2] (1:59 - 1:59)

Yeah.

[Speaker 1] (1:59 - 2:17)

It doesn't come from the situation. It comes from your thoughts about the situation. Because the tire needing to be changed by itself could not cause you to be stressed.

No, there's no... It's just is as it is. It is as it is.

And if you can see that, then suddenly you move into that and even there comes gratitude. Yes.

[Speaker 2] (2:18 - 2:21)

So your stress is about wanting the moment to be different than what it is.

[Speaker 1] (2:22 - 2:22)

Yes.

[Speaker 2] (2:22 - 2:26)

And that's whether it's a tire, losing your job, losing a loved one.

[Speaker 1] (2:26 - 2:26)

Yes.

[Speaker 2] (2:27 - 2:40)

Okay. And you sum this up, this abundance, by using a quote from Jesus saying, given it will be given to you, good measure, pressed down, shaken together, running over, will be put into your lap. That is the truth, so help me.

[Speaker 1] (2:40 - 4:18)

That is just the truth. Yes. It's an amazing, amazing statement.

And also somewhere else, Jesus talks about... You must like Jesus. You talk about him a lot.

Oh, yes. There was a time when I was brought up as a Catholic and then I, for many years, I wasn't interested anymore. And then after I went through this inner shift, a couple of years afterwards, I happened to pick up the New Testament and I happened to read the Gospels.

And I suddenly saw how deep all this is, these statements. That's right. It became more than doctrine for you.

Yes, yes. And so Jesus somewhere else says, I want you to have life in its fullness. I want you to have the fullness of life.

And that's a beautiful statement. And people sometimes don't realize what he means by the fullness of life, because in our civilization, particularly, the fullness of life means having as many things as possible. Yes.

And of course, I'm convinced that Jesus was not talking about shopping malls. No. Because if he was talking about shopping malls, then the kingdom of heaven has already arrived and it's in the shopping malls.

So he was not talking about many, many things. Eckhart made a joke, y'all. Eckhart made a funny.

He was talking about something that is within you. The fullness of life is a dimension within you. And he said, I want you to be in touch with that dimension within you.

And you are absolutely right.

[Speaker 2] (4:18 - 4:23)

If you get nothing else from this book, if you can get that, then your life will change.

[Speaker 1] (4:24 - 4:24)

Yes.

[Speaker 2] (4:24 - 4:56)

Your life will change. Yes. That abundance comes only to those who already have it.

Page 192. It sounds almost unfair, but of course it isn't. It's a universal law.

Both abundance and scarcity are interstates and manifest as your reality. Jesus puts it like this, for to the one who has, more will be given. And from the one who is not, even what he has will be taken away.

And he's not talking about things. He's talking about your inner state of gratitude for what you already have. Yes.

And your life will change. Laura from Baltimore is on the line, has a question for us. Laura.

[Speaker 7] (4:57 - 4:58)

Hi, Oprah. Hi, Eckhart.

[Speaker 2] (4:58 - 4:59)

Hi. Hello.

[Speaker 7] (4:59 - 5:36)

Thank you so much for this opportunity. You've both been great spiritual teachers for me, and I'm just so grateful. Thank you.

My question is, before reading this book, I was someone who usually suppressed my emotions. And on page 208, you talk about bringing an inner yes to whatever form that the now takes. So now when I have the emotion of sadness arise, I try to apply this principle.

In the past, I would have said no to the emotion and suppressed it. But now I worry that by saying yes to this emotion, it's just the ego tricking me into feeding the pain body. How can I be sure that emoting is not actually strengthening my ego?

[Speaker 1] (5:38 - 7:00)

Right. Good question. So when you fully allow an emotion, it implies that you are there as the awareness, the witnessing presence, because it's only from that space that you can say, that this is what I feel.

And here it is. It's part of the isness of this moment. And if you do that, the emotion cannot rise up into your mind and control your thinking.

In other words, it does not become part of ego. It's only if the emotion rises up into your mind, and then your mind starts to think along the lines of that particular emotion, and thereby feeding more energy to the very same emotion. That means you are strengthening that emotion and it's becoming part of ego.

But if you can just look at the emotion and allow it to be, then the emotion is not going to feed on your thoughts anymore. And then you will actually find when you allow an emotion to be, it subsides fairly quickly. And it's not part of ego.

This practice is going beyond emotion without repressing them.

[Speaker 2] (7:02 - 8:05)

You got that, Laura? Yes, thank you so much. I love that.

I love that. Tell us the story of the Zen master on 199. The one who said, is that so?

I mean, I think you have to be a Zen master practically to have that kind of reaction to everything in life. Because when somebody attacks you, that's a thing I still have to work on. I live in a world where people write things that are not true all the time.

Somebody's working on a biography of me now, unauthorized. So I know it's going to be lots of things in there that are not true. And so I've gotten better at it.

And I know everybody experiences it on one level or another. For me, it's people saying things about me that are not true. It caused me to show myself as a small person.

The little me comes out and I'm like, that's not true. And so this Zen master who's able to say when he's being accused of doing something horrible to this girl, is that so? Who can do that?

[Speaker 1] (8:06 - 8:54)

It's a very extreme form of being one with the present moment. This is, I believe, should I tell the story? Yes, please do.

So there was a Zen master. He was highly regarded. And he was a spiritual teacher.

Had a very good reputation. And one day, neighbors of his came to him and said, our daughter is pregnant. And you remember, she came to see you about some advice some time ago.

And she has now confessed to us that you are the father of this baby that's going to be born out to our 17-year-old daughter. And of course, they didn't tell him this in the way as I'm telling it to you. They were very angry.

[Speaker 2] (8:55 - 8:56)

Is this a true story?

[Speaker 1] (8:57 - 10:58)

I believe it is. OK. So there was an enormous anger in this situation, you can imagine.

And the Zen master was listening to them as they were telling them that he had fathered this child. He was listening in that Zen state of open, alert attention like this. And then when they had finished their story, you are the father of this child.

And he said, is that so? Yes, he said. And then we are going to, when the child is born, you are going to look after the baby because you are responsible.

Is that so? And so when the baby was born, they brought the child over to him. Now you look after the baby.

It's not ours. You are responsible. And he accepted the baby.

And the word got around that he had fathered a child by a 17-year-old girl. He lost his reputation. Nobody came to see him anymore.

He was totally indifferent to this because he was only responding to the needs of the present moment. So he started looking after the baby. And so she spent about a year looking after the baby.

And in the meantime, the mother of the baby grew up a little bit more. And suddenly she confessed to her parents that the Zen master was not the father. She just didn't want to tell them that it was the boy who works in the butchers who was the father.

And of course, the parents got extremely upset. And they came running to the Zen master and said, she has just told us that you are not the father. He said, is that so?

Yes. And so we would like our baby back, please. And so he handed the baby over.

There was always the story. It must be in the Zen kingdom or something. Continuous.

It's a story that shows an extreme example of absolute non-resistance and the good that comes because the baby was being looked after with loving care for a whole year by this Zen master. But why wouldn't a Zen master? OK, because he's a Zen master.

[Speaker 2] (10:59 - 11:04)

Is that the level that you are saying that we should be striving? Well, I know you're not saying we should do anything.

[Speaker 1] (11:04 - 11:09)

We should do whatever we want to do. It is not necessary. That is only to exemplify.

[Speaker 2] (11:09 - 11:14)

Because I would be, it is not true. It's not true. Yeah.

[Speaker 1] (11:14 - 11:45)

Or you can say, no, I'm not the father. It's not true. I'm not the father.

So you can say it in one way that is very reactive and that would be the normal way. Or you can say it in a way that is free of reaction and nevertheless states the truth. So you're still surrendered inside.

Yes. You're still accepting that these parents, this is where they are at. This is what they believe.

And simply you say, this is not the case. I'm not the father. Bottom line is you're saying don't get pulled into the drama.

Yes.

[Speaker 2] (11:45 - 11:46)

Don't get pulled into the drama.

[Speaker 1] (11:47 - 11:47)

Yes.

[Speaker 2] (11:47 - 11:52)

State your case. State the facts without allowing your ego to be pulled into the drama.

[Speaker 13] (11:53 - 11:53)

Yes.

[Speaker 2] (11:53 - 12:02)

And then be able to move on. That's right. That's what you're saying.

That's it. OK, we've got Fatima on the line from Kuwait. Hello, Fatima.

[Speaker 9] (12:04 - 12:08)

Hello. Hello. Hi, Oprah.

Hi, Eckhart.

[Speaker 2] (12:08 - 12:15)

Nice to see you or hear you. Can you hear me? Yes, we can.

Go ahead with your question.

[Speaker 11] (12:16 - 12:35)

OK, great. Since we are used to identifying ourselves with what we have and what we do, I would like to ask you, Oprah and Eckhart, to identify yourself without names or any form of identification so other people can get a better understanding of who they are and what you mentioned on page 186.

[Speaker 1] (12:35 - 12:39)

OK, Eckhart, go right ahead and do that. The sound wasn't so good, I think.

[Speaker 2] (12:39 - 13:01)

She was saying, since we're so used, accustomed to identifying ourselves through labels and what we do, she would like for you and I, I would like for you, to identify yourself without using those labels of identification so that everybody listening can get a better idea then of how then do you describe yourself.

[Speaker 1] (13:01 - 13:32)

Yes, so we're talking about being with another person. When you identify yourself, you identify to another person. Yes.

So there's a situation where you meet somebody, perhaps somebody you don't know yet. Yes. And so you can be there as an ego entity, in which case you would immediately explain your achievements or you would immediately explain your sufferings or your diseases that you identify with or whatever.

[Speaker 2] (13:33 - 13:37)

Sometimes people do it this way, which annoys me. They'll say, what school did you go to?

[Speaker 1] (13:37 - 13:38)

Yes.

[Speaker 2] (13:38 - 13:42)

That's immediately to say whether or not you're in the category. That's right.

[Speaker 1] (13:42 - 14:07)

Yeah, what school did you go to? So people, they want to, as the mind, that's what the human mind does, they want to be able to classify you. They want to be able to find out where they can put you in there.

Mm-hmm, mm-hmm. So they're asking questions about that, but you don't need to be drawn into that and realize that as you, and this is a very, very important thing.

[Speaker 2] (14:07 - 14:13)

Okay, so let's say we didn't know you and you're at a gathering where people don't know you.

[Speaker 1] (14:13 - 14:13)

Yes.

[Speaker 2] (14:14 - 14:17)

And I come up and I introduce myself and I say, hello, I'm Oprah.

[Speaker 1] (14:17 - 14:17)

Yes.

[Speaker 2] (14:17 - 14:30)

And I'm here with a convention and I'm, you know, I sold so many pharmaceuticals and I did so this and that. I've got three kids. I live in Oregon, whatever.

[Speaker 1] (14:30 - 16:01)

How would you then describe yourself? Well, perhaps I would not use that many words, but some words might be there. I wouldn't say I am formless spirit or anything like that.

You wouldn't? No. Hello, I am formless spirit.

I once asked somebody, I met somebody at a reunion and they knew that I had already written *The Power of Now*, so I was a spiritual teacher. And so I asked, for some reason, we had a conversation and I asked, how old are you? And he said, I was never born.

He really wanted to teach me a lesson. Oh, boy. So you can be quite normal in your interaction.

But more important is on a sensing level, you are there as a field of aware presence and in an interaction with another human being. What matters is not so much the words that are being said. There's a deeper level of the awareness that arises the field.

I call it the field of awareness that arises between two human beings. The field of

presence that arises when those human beings, or even just one of them, is not totally identified with their thinking mind and the ego. Then I can be there as a conscious presence.

Right now, as I sit here, I'm here as a conscious presence.

[Speaker 2] (16:01 - 16:06)

So you wouldn't say, I'm Eckhart formless spirit. You would just say, I'm Eckhart.

[Speaker 1] (16:07 - 17:06)

I'm Eckhart. Yes. And if they say, well, hey, what do you do?

Yes. Then I give a conventional answer. I'm a writer.

And then they ask, what do you write about? And then depending on, I kind of sense where they are at, whether it's a genuine question and they truly want to know, or whether it's a question when I come into the States from Canada every week, they ask me, what do you do? And then I say, I'm a writer.

And then they ask, what do you write about? And then I'm not going to give a deep answer because they don't want a deep answer. I'm not really interested.

No, no, no. So I give conventional answers. And yet in every human interaction, even such an interaction as this, when the always what is, can you need to be able to sense that there is a presence underneath whatever you're saying.

[Speaker 2] (17:06 - 17:07)

That's right.

[Speaker 1] (17:07 - 17:09)

Feel your own presence underneath it.

[Speaker 2] (17:09 - 17:35)

And that's what we're going to be talking about next week is to be able to bring, that is our role in this lifetime, is to bring that sense of presence, who you really are, not the small little self that has eating disorders or shops too much, or all the other things that we define as in our horizontal lives as ourselves, but to bring that presence into your active life.

[Speaker 1] (17:35 - 17:35)

That's right. Yes.

[Speaker 2] (17:35 - 17:36)

That is our goal.

[Speaker 1] (17:37 - 17:37)

Yes.

[Speaker 2] (17:38 - 18:07)

All right. Let's talk about the joy of being. Unhappiness or negativity is a disease on our planet.

What pollution is on the outer level is negativity. Page 213, everybody. What pollution is on the outer level is negativity on the inner.

It is everywhere. Not in just places where people don't have enough. I love this.

But even more so where they have more than enough. Their fluent world is even more deeply identified with form, more lost in content, more trapped in ego. I thought that was interesting.

[Speaker 1] (18:08 - 19:14)

Yes. Sometimes you see when you visit certain places where people have relatively little, often you see more happy faces and radiant faces than in our rich society. So the passage is about negativity.

And there's an enormous amount of negativity in the collective energy field of our planet. But it is generated by individuals. So it's everybody's task to be alert so that when negativity arises within them, they recognize it and then ask themselves whether that is what they choose.

When you recognize it, you can be there as the presence and you have a choice. Is negativity ever the optimum way of dealing with any situation? And if you look closely, you'll see it never is a good way of dealing with any situation.

[Speaker 2] (19:14 - 19:48)

Okay, you say on page 214, the joy of being, which is the only true happiness, cannot come to you through any form, possession, achievement, person, or event. And that means people who think that I'm with you and I love you and you're going to bring me joy cannot. Yes.

You either are joy or you're not. Okay. Through anything that happens, that joy cannot come to you ever.

It emanates from the formless dimension within you, from consciousness itself, and thus is one with who you are.

[Speaker 1] (19:49 - 20:36)

Yes, it comes from within and not from without. People conventionally expect it to come to them from without and then it usually doesn't because you need to discover it in yourself first. And this is why when you try to manifest things in your life, which is a fine thing to do, but the vital question is, have you first of all already come to that place of fullness and joy within yourself right now?

Have you found a right relationship with the present moment? If you haven't, because that's where it resides. It's only by having a right relationship with the present moment that the joy can arise from within you.

[Speaker 2] (20:36 - 22:01)

You talk about that on 210 when you say, to awaken within the dream is our purpose now. When we are awake within the dream, the ego-created earth drama comes to an end and a more benign and wondrous dream arises, this new earth. Also, let's go to page 215, everybody.

The top of 215, you talk about a powerful spiritual practice is consciously to allow the diminishment of ego. Because what we've been learning through A New Earth is that most of us have, until reading this book, believed we were our egos. Believed we were, as Eckhart has said earlier in tonight, we believe we were our horizontal life without the vertical.

We believe we were our past. We believe we are what we're going to do and what we have done. And the now was always just a sort of means to an end.

Okay. So you say a powerful spiritual practice is consciously to allow the diminishment of ego when it happens without attempting to restore the ego. I recommend that you experiment with this from time to time.

For example, when someone criticizes you, blames you, or calls you names, I got to tell you, it's hard to say, is that so? Instead of immediately retaliating or defending yourself, do nothing. Allow the self-image to remain diminished and become alert to what that feels like deep inside you.

So what's that supposed to do for us?

[Speaker 1] (22:01 - 22:32)

Now, I'm not saying in each case you should do that. Experiment with this from time to time, particularly when nothing depends on that situation. So you don't have to explain

something so that a situation can be put right or whatever.

Somebody just calls you. We talked about it the other day. Somebody cuts you off in traffic?

Yes. So that would be a good practice, but it's totally pointless to retaliate.

[Speaker 2] (22:32 - 22:32)

Yes.

[Speaker 1] (22:33 - 23:07)

It makes no sense whatsoever. But the retaliation when somebody calls you names in traffic or whatever. Or does something to upset you.

Yes. Try doing nothing. Yes.

The retaliation is automatic and unconscious because it comes from the ego. Because when somebody calls you stupid, for example. Right.

Or somebody calls you idiot, it injures the ego. It hurts the ego. And it's the ego that's being injured, not you.

Not you. It's nothing because deep down, you know that it's not you. It's just the ego image of who I think I am.

[Speaker 2] (23:07 - 23:14)

Deep down, you know it's not you. But if you are a person who lives unconsciously, if you live out of your ego, you think it's you.

[Speaker 1] (23:14 - 24:03)

Yes. Yes. And immediately the ego will go into what I call instant self-repair mechanism.

And this instant self-repair mechanism, which is totally unconscious. It says, I am not stupid. Well, it will call the other person something worse than stupid.

And by that, the ego believes that it has repaired itself. And on that level, it has. So this person has taken something away from you.

This is the imaginary ego. And then you take something away from that other person. That's how the egos work.

And then, of course, it's probably not the end. Because the other person is going to retaliate again. Right.

And now you're in it. The whole madness starts. You're in the drama.

Yes. So this is a good example where you can practice being non-reactive. So when somebody calls you something, remain total.

[Speaker 2] (24:03 - 24:24)

And you say when that happens, just do it for a few seconds. It may feel uncomfortable, as it will. Just to keep your mouth shut.

I've had that this week. Just to keep your mouth shut. Yes.

It's hard. It feels like you've shrunk in size momentarily. Then you may sense an inner spaciousness that feels intensely alive.

You haven't been diminished at all. In fact, you have expanded. What do you mean by that?

[Speaker 1] (24:24 - 25:17)

Yes. So somebody, what you are not defending is your egoic identity. The image identity.

And suddenly, that has become diminished by somebody calling you stupid, for example. This entity has become diminished. You don't resist the diminishment.

So it has become smaller, so to speak. And therefore, suddenly, something that is deeper than that can suddenly come through. Because the ego has shrunk in size.

I got it. Now, the ego doesn't like that. That's right.

It's a wonderful experiment. When you allow the ego to shrink, and then suddenly you feel there is a power underneath that that's far greater than the ego. And it shrinks every time you become aware of it.

Yes. Even when you don't do what you're supposed to do? Yes.

Okay. Yes.

[Speaker 2] (25:17 - 25:29)

I like this question from Suhad in Clifton, New Jersey. How can we use the high-quality no that you talk about on page 216 in our lives? Can you please provide us with some real-life examples?

[Speaker 1] (25:29 - 26:51)

216, high-quality no. What did you mean by high-quality no? In some cases, sometimes people misunderstand when I say, say yes to the present moment.

They believe then whenever somebody asks you something, you have to say yes. Yeah. No, when I say, say yes to the present moment, it's to do with an inner state of consciousness.

Yes. But it is open to what is. It does not resist what is.

It does not necessarily mean that every time somebody asks you something, you say yes. So let's say a person comes to you. You've known him.

You've already lent him money five times. He's never returned it. Or two.

Two's enough. Two is enough. And so he says, I need another \$500 now.

And then you perhaps, this may be a good opportunity, an occasion where you can use a high-quality no that is not reactive and does not make that person wrong and, say, becomes angry and or shouts at him. And so you are dishonest. You haven't returned my money.

And I'm not giving you a penny more. Well, this is a low-quality no. It's a low quality.

A high-quality no is to say... Who do you think you are? All that kind of stuff.

Stories in order to make wrong. Yes. I've given you money so many times before.

Yes. And then you make yourself into a victim.

[Speaker 2] (26:52 - 26:56)

Yes. It's all part of... Into the great person who's been so benevolent.

[Speaker 1] (26:57 - 27:20)

Whatever the egoic game is. So the high-quality no is to simply state, well, I've already given you that money twice and you haven't returned it yet, so I won't give you any more. You have to return my money first.

I'm not going to give you... Can you sense that there's no negativity? You simply state clearly, this is what I'm going to do or not do.

I won't give you any more because you haven't returned that.

[Speaker 2] (27:20 - 28:25)

Yeah. And... That happened to me recently.

Somebody was asking me, do you want any interest? No, I won't do that. And no emotion attached to it at all.

All right. I just want to say here that the... I love this on 220.

What you see here, feel, touch, or think about is only one half of reality, so to speak. It is form. And the teaching of Jesus is simply called the world.

And the other dimension is the kingdom of heaven or eternal life. Then toward the bottom of the page, second to last paragraph, you say, the collective disease of humanity is that people are so engrossed in what happens, so hypnotized by the world of fluctuating forms, so absorbed in the content of their lives, they have forgotten the essence, that which is beyond content, beyond form, beyond thought. They're so consumed by time that they have forgotten eternity, which is their origin, their home, their destiny.

Eternity is the living reality of who you are. And that's what I felt on that mountain that day.

[Speaker 1] (28:26 - 29:18)

Yes. Yes. And you can actually sense it, although that's the wonderful thing, when you can be surrounded by the stillness.

Yeah. But the amazing thing is you can actually sense that even in the midst of chaos, even in the midst of noise, I have felt also what you describe. I've also very often felt that in nature.

But I have also felt that extreme peace in situations where one wouldn't expect it. I felt it in the middle of London, in busy streets, walking around, especially after I went through this shift. Before I went through this shift, I was always anxious and fearful, and I couldn't stand the traffic and the noise.

And suddenly I was able to just walk along Piccadilly Circus and be totally at peace as if I were on a mountaintop inside. So when you...

[Speaker 2] (29:19 - 29:20)

Mountaintop inside.

[Speaker 1] (29:20 - 29:21)

Inside, yeah.

[Speaker 2] (29:21 - 29:23)

And that's what presence is, is it not?

[Speaker 1] (29:23 - 29:23)

Yes.

[Speaker 2] (29:24 - 29:26)

Presence is being on the mountaintop inside.

[Speaker 1] (29:26 - 29:48)

Yes. That stillness is always there in you as the essence of who you are. And when we call it stillness, we already limit it because it's so vast, you cannot describe it with one word.

Right. So whatever word you use is already a limitation. But words are limited, of course, because words refer to tangible things, but not to the inner reality.

[Speaker 2] (29:49 - 29:56)

So before we say goodbye, let's sum up what we've covered in this class. Knowing who you really are means knowing.

[Speaker 1] (29:56 - 31:19)

Yes. Knowing at a level beyond the level of concepts. Knowing yourself ultimately is being yourself fully.

Being in touch with being, the being that you are. To sense the I am that is the essence of your identity when you remove all the identifications that usually... So you say, after you say I am, you say what you are.

But if you say I am and add nothing to it, that gives a good practice. It can get you in touch with the essence. I am not this.

I'm not that. I am, as a simple meditation, repeat the words I am to yourself. It's so powerful.

I started to do that. It is so powerful when you do that. And don't fill in the blank after the words.

Yeah. Very powerful. Another similar one is, who am I?

It's a question, but don't look to the mind for an answer. In fact, don't look for any answer, especially not on the level of mind. Who am I?

And then allow the stillness to be there after the question. Don't look for an answer. And in not looking for an answer, there's the answer.

But it's not a mental concept as of sensing, feeling. Wow. I am.

[Speaker 2] (31:19 - 31:23)

Yes, I am. And just be with that.

[Speaker 1] (31:23 - 31:23)

Yes.

[Speaker 2] (31:24 - 31:49)

Yes. And so for whether it's an addiction or an eating disorder or nothing, you think you have a really wonderful life. But you are connected to all the things in your life, to the content of your life.

Just being able to sit with yourself and to say those words to yourself, I am. It's wonderfully liberating. And to recognize them, to know them.

Yes. Like honey. Yes.

To know them.

[Speaker 1] (31:50 - 31:50)

That's right.

[Speaker 2] (31:50 - 31:51)

Thank you again.

[Speaker 1] (31:51 - 31:52)

Thank you.

[Speaker 2] (31:52 - 32:57)

I want to thank you all for joining us. The seventh class will be available on demand tomorrow, Finding Who You Truly Are, for free here at Oprah.com. And if you want to download or watch any of our classes, of course, you know this by now.

You can do that tomorrow at Oprah.com and at iTunes. It's free because of the generous support of people like Nature Made Soft Gel Vitamins. This week, update your workbook and get ready for our next class on chapter eight.

It's the discovery of inner space. I love this. It's my next favorite chapter.

I think seven, eight, and nine are really the essence of the book. Inner space is about allowing the inner space of your life to connect to the outer purpose of your life, the inner and outer purposes of your life. Right?

That's right. Love it. Again, we thank you.

This was a long chapter, lots to cover. I would say to everybody, I mean, I was sick in bed this weekend and read it again for the third time. Every time I read it, I go a little deeper and awaken a little more.

This is one you need to be with for a while, over and over.

[Speaker 1] (32:58 - 33:04)

After you've read it once, you don't need to read long pages. Just read sometimes half a page is enough.

[Speaker 2] (33:04 - 33:25)

Yes. One page. What I do is I go back and read.

This is what I would do. As you're using your highlighters, just go back and read what you've highlighted and just be with that because the things that you highlight are usually things that resonate with you more deeply. It's a good way of reviewing it.

Every time you come back to it, two weeks from now, you'll get something that you didn't get the first time.

[Speaker 1] (33:25 - 33:25)

Oh, yes.

[Speaker 2] (33:26 - 33:27)

Thank you.

[Speaker 1] (33:27 - 33:29)

Thank you. Thank you, Eckhart.

[Speaker 2] (33:29 - 33:30)

Thanks, everybody.

[Speaker 3] (33:48 - 33:49)

Hi, everybody.

[Speaker 2] (33:49 - 33:57)

Welcome to class number eight of our New Earth web series with author Eckhart Tolle. Eight means we only have two more to go. Tell all your friends, I'm going to miss it.

[Speaker 17] (33:58 - 33:58)

Me too.

[Speaker 2] (33:58 - 34:37)

Yeah, I'm going to miss it. As we head into these final chapters, it's really gratifying to hear from so many of you who feel that your commitment to this work is making a difference in your lives. I know I feel that way.

And I'd like to, again, thank all of the students from around the world who are watching, who are willing to awaken to the deeper meaning of your lives. Last week, one of the things that Eckhart said that really struck me, you said that the opposite of death is not life. The opposite of death is birth.

Life has no opposite. So I think that's a good place to begin our moment of silence. Can we go into silence?

Life has no opposite.

[Speaker 1] (34:37 - 34:59)

Life has no opposite. And perhaps, as we go into the silence, to feel yourself to be life rather than a person. A person is here only for a few years.

But you are basically life experiencing itself temporarily as this person.

[Speaker 2] (34:59 - 35:01)

As this person, this personality, this ego.

[Speaker 1] (35:02 - 35:32)

But underlying it, you are life that is eternal. And so when you go into stillness, it's easy to sense that underneath the personality, there is an aliveness, there is a presence, there is a consciousness that is timeless. And that's the life beyond the form of life that you are.

And that's why it has no opposite. That's right. Because it's forever.

Yes. And all the opposites only exist in the world of form.

[Speaker 2] (35:32 - 35:33)

In the world of form. I get that.

[Speaker 1] (35:34 - 35:48)

So as we go into the silence, into the stillness, let's see if we can just feel that in the background, you are life. Or rather to say, I am life.

[Speaker 2] (35:48 - 35:48)

I am life.

[Speaker 1] (35:50 - 36:03)

Eternal, timeless. So we go into the stillness now and get in touch with that eternal life.

[Speaker 2] (36:42 - 36:48)

How wonderful. How wonderful to be able to get into touch with that. That's the inner space that you're talking about.

[Speaker 1] (36:49 - 36:49)

Yes.

[Speaker 2] (36:49 - 36:50)

In chapter eight.

[Speaker 1] (36:50 - 36:51)

Yes.

[Speaker 2] (36:51 - 37:01)

Which is all about the discovery of inner space. That's what we're discussing tonight. Let's start with an overview of what this chapter is about.

What is inner space? What you just described?

[Speaker 1] (37:03 - 38:13)

I don't remember when this term first came to me. It must have been during a talk. I don't believe I use the term in the power of now.

I realize that most people's mind is full of stuff. Full of one thought after another. Full of continuously arising thoughts, emotions.

And the external life is full of things that need doing. One thing after another. One thing after another.

So I observed that in many people's lives, there seems to be no space. There's only one thing after another. One thought after another.

One thing to do after another. One thing to be worried about after another. So I noticed this absence of space in human beings.

And really, that inner space or spaciousness is what we could also call the stillness. But I use different terms because any one term limits it. When we talk about stillness, yes, it is stillness.

But it's much vaster than just stillness.

[Speaker 2] (38:13 - 38:15)

And vaster than being still.

[Speaker 1] (38:15 - 38:15)

Yes.

[Speaker 2] (38:15 - 38:15)

Yes.

[Speaker 1] (38:15 - 39:57)

Yes. So it's realizing that within you, there's not only objects in your consciousness that continuously arise in your consciousness as sense perceptions. You experience things.

Sense perceptions arise continuously. And each sense perception becomes an object in your consciousness. And then thoughts arise continuously.

And every thought becomes also an object that arises in your consciousness. Now, and this is what most people's lives consist of. Continuously objects arising in consciousness.

And I call that object consciousness. And that is what most people know. And they also know themselves as an object in their consciousness.

They have an image of who they are. They have certain opinions about who they are. And so you become an object to yourself.

And that is the ego. So most a mental object. You make yourself into a mental object.

And then you have a relationship with yourself as a mental object. It's a little bit insane. Right.

But it's normal. So now the incredible realization, this is where the spiritual dimension starts. There is no spiritual dimension in object consciousness.

You can have all kinds of interesting sounding or even religious sounding doctrines. If there is no space in you, spaciousness, where suddenly a gap arises in between

thoughts. If there's no spaciousness, then you haven't touched yet the spiritual dimension.

And this book, I believe, is helping many people to find that space within.

[Speaker 2] (39:57 - 40:35)

You say on page 227, object consciousness needs to be balanced by space consciousness for sanity to return to our planet and for humanity to fulfill its destiny. The arising of space consciousness is the next stage in the evolution of humanity. Space consciousness means that in addition to being conscious of things, which always comes down to sense perceptions, thoughts and emotions, there is an undercurrent of awareness.

Awareness implies that you are not only conscious of things, but you're also conscious of being conscious. That's what you're talking about.

[Speaker 1] (40:35 - 42:06)

Yes. And that's an amazing thing. At first, if you just listen to being conscious of being conscious, the mind says, what does that mean?

You can only, you have to experience what that is to know what it means. So to be conscious of being conscious, for example, you can do it by looking at something. Just if people haven't had a taste of this yet.

Yes. For example, you look at a flower and you're conscious of the image, what you see, the sense perception. Now the question is, can you also be conscious of yourself as the perceiving presence?

Without which there would be no perception. Correct. And so, and that is the consciousness.

So why do you look at a flower? I'm saying flower because natural things can get you in touch with that dimension more easily. While you look at a flower, can you sense yourself as the presence that is looking, that is making the perception possible?

And then you have two dimensions. You're conscious of being conscious and you're conscious of what you're looking at. You live in two worlds at the same time.

That means in the background of your life, there is suddenly a vast but intensely alive peace. Because being conscious of being conscious is very peaceful. That's where the true inner peace arises.

[Speaker 2] (42:07 - 42:18)

And that if you don't have that in your life, if you're not able to find that space between the thinking and the perception, perception, perception, if you're not, then...

[Speaker 1] (42:18 - 42:20)

Then you lose yourself. In things.

[Speaker 2] (42:21 - 42:21)

In things. And in the world.

[Speaker 1] (42:21 - 42:29)

You lose yourself in the world. Yeah. And you lose yourself in your own mind.

You continuously get drawn into every thought that arises.

[Speaker 2] (42:29 - 43:27)

Yeah. Well, one of the things that you... I know you met Dr. Jill Boat Taylor today. Yes. And I interviewed her on my radio show, The Soul Series on XM Radio. And for those of you who have been enjoying our webcast with Eckhart Tolle, the Monday following our final webcast, I will have an interview with her on the web.

Dr. Jill Boat Taylor is a brain scientist who had had a stroke several years ago. And during the process of having the stroke, in the middle of having the stroke, she lost the left hemisphere of the brain, which was language and the ego and all of that. But the right hemisphere remained conscious.

Yes. And she was aware that she had lost the ego. And this sense of losing your mind that you have been talking to us about happened to her, was thrust upon her through the stroke.

[Speaker 1] (43:27 - 43:27)

Yes.

[Speaker 2] (43:27 - 43:27)

Yeah.

[Speaker 1] (43:28 - 44:03)

So I believe what happened to her was what we are talking about. She became conscious of consciousness. She became conscious of consciousness.

Yeah. Through the stroke. Yes.

And really, when we say that, when we express it in language, and language always brings in a kind of duality. When I say, I become conscious of consciousness, it sounds as if I were separate from consciousness. Right.

This is because of the structure of language. In reality, what's happening is that consciousness, which is what I am, everyone is conscious in essence, consciousness is becoming conscious of itself.

[Speaker 2] (44:03 - 44:20)

And you don't know that until, and that's why that tape is going around the web of Dr. Jill Bowe Taylor, you don't know that until you can quiet the mind enough to know that you are not all of these thoughts that you have in your head. You are not your thoughts, but you are life itself.

[Speaker 1] (44:20 - 44:20)

Yes.

[Speaker 2] (44:20 - 44:25)

That is what she also says. Yes. In her book and in her lectures.

[Speaker 1] (44:25 - 45:02)

Yes. Yes. That's a wonderful realization.

Just when it comes to a person for the first time, it's just, whoa. Whoa. And that frees you from a lot of things that before were so heavy.

The world can become such a burden to people. And your own mind can become such a burden. It creates so much suffering in people's lives.

If people had to live with somebody who inflicts all that negativity on them that they inflict on themselves through their own mind, they would have left that person a long time ago. But you can't leave your mind. You can only go beyond it.

[Speaker 2] (45:03 - 45:15)

And so being able to be conscious of your consciousness or aware of yourself as a perceiving entity or perceiving presence is really what the true awakening is about.

[Speaker 1] (45:15 - 45:15)

Yes.

[Speaker 2] (45:15 - 45:16)

Yes.

[Speaker 1] (45:16 - 45:21)

Yes. Yes. That's the awakening to who you are beyond the external appearance.

[Speaker 2] (45:21 - 45:35)

And that is what we're doing when we're angry and you see your ego flare up and all of that is to be able to step back and perceive yourself as the consciousness observing yourself as the angry person.

[Speaker 1] (45:35 - 45:39)

Yes. Yeah. Yes.

There's a space in between that. That's right.

[Speaker 2] (45:39 - 45:50)

And so the inner space you're talking about is the space between I am angry, I'm, you know, saying all of these things. And then there is the other self that is observing that.

[Speaker 1] (45:50 - 46:06)

Yes. Now, if you're angry and if the presence can be there in the background, that means you're already very present because it's not easy to remain present when there's anger, because anger has an enormous power. So.

[Speaker 2] (46:06 - 46:13)

But if you're observing it, then you can say, I'm out of control. You know, people have done that. We say to yourself, I'm out of control.

I need to calm down.

[Speaker 1] (46:13 - 46:28)

Yes. But if you know that you're out of control, you're not completely out of control. That's right.

That's right. And so and if so, if you know that you are have been taken over by anger, you haven't been completely taken over because there's a knowing in the background. Yeah.

[Speaker 2] (46:28 - 46:46)

And I think a lot of parents have experienced this, you know, when your kids do

something and it's so upsetting to you. And, you know, in that moment, I should not try to discipline them because I'm too angry to discipline them. That part of you that knows that you're too angry to discipline them is the space that you're talking about.

[Speaker 1] (46:46 - 46:59)

Yes. Yeah. Yes.

Got that. And so and that's if you don't have that space, then you are completely controlled by the anger. You become the anger.

That's right. That thing that allows you to step back is what you're talking about.

[Speaker 2] (47:00 - 47:01)

I got it.

[Speaker 1] (47:01 - 47:02)

I got it.

[Speaker 2] (47:03 - 47:06)

That part of you that says I can step back and see I'm acting a fool.

[Speaker 1] (47:09 - 47:20)

And so if you if you know that you are acting a fool, then it's not there is a sanity there that's observing the insanity. And if you know that you are.

[Speaker 2] (47:20 - 47:23)

But sometimes people know they're acting a fool and they just keep on acting a fool.

[Speaker 1] (47:23 - 47:29)

Yes, that's possible, too. For a while, it can happen that the old certain old behavior patterns.

[Speaker 2] (47:29 - 47:31)

But generally, if you know you can pull yourself back.

[Speaker 1] (47:31 - 47:32)

Yes. Yes.

[Speaker 2] (47:33 - 47:37)

And that which knows is the inner space that you're talking about.

[Speaker 1] (47:37 - 47:40)

Yes. There was a film The Beautiful Mind some years ago.

[Speaker 2] (47:40 - 47:41)

Yes, yes, yes.

[Speaker 1] (47:41 - 48:07)

About the scientists. With Russell Crowe. Yes.

And so here he became delusional. This scientist completely absorbed by his mind and had all kinds of delusions. And at some point in the middle of the film, he suddenly realizes that these are delusions and he realized that he's insane.

And also the viewer at that moment realized it is so well done, because until that point, even the viewer doesn't know.

[Speaker 2] (48:07 - 48:08)

Not quite sure. Yes.

[Speaker 1] (48:08 - 48:21)

And and at that moment, the healing begins because with the realization that I am insane, the sanity has arisen. The observing presence is there. The observing presence.

And after that, he could function again.

[Speaker 2] (48:21 - 48:23)

Is observing presence and inner space the same thing?

[Speaker 1] (48:24 - 48:35)

Yes. But observing should not be confused with judging. I got it.

So there's no judgment. It's a it's a clear it's like a mirror. It's like a mirror showing you what's there.

[Speaker 2] (48:35 - 48:47)

So there are literally two dimensions. There is the personality acting out of, you know, form and perceptions and all of that. And then there is the observer of that.

[Speaker 1] (48:47 - 49:13)

Yes. And the observer is not judging what is being observed. If the observer begins to judge, then it's the mind that has come back in.

OK. It just is. And the observer is timeless.

And whatever the observer is observing, the behavior, the thinking is conditioned by the past. So you're bringing the timeless dimension into this world of time. Yes.

[Speaker 2] (49:14 - 49:29)

And those of you who are reading Jill Boat, Dr. Jill Boat Taylor's book, Stroke of Insight, what she she she said to me today, because she's been following our classes and she was saying, you know, what Eckhart calls consciousness, I call right brain.

[Speaker 1] (49:29 - 49:29)

Yes.

[Speaker 2] (49:30 - 49:36)

Yeah. Right brain versus left left brain. Left brain is gone.

The right brain is the higher consciousness.

[Speaker 1] (49:36 - 49:37)

Yes. Yes.

[Speaker 2] (49:38 - 50:06)

So as I've said before, I love the message boards on Oprah.com. And I saw a posting that I wanted to share with everyone. It's from someone who calls himself Student 99.

It said, I've seen many, many posts by concerned Christians. Is Student 99 here? I thought we had him.

I heard he was on Skype. Well, I don't mean here, here, Dean. I know he's not in the building.

Bring up Student 99. So Student 99, is that you?

[Speaker 16] (50:07 - 50:07)

Yeah.

[Speaker 2] (50:07 - 50:52)

Hi, on Skype. I love this email. I love I love the fact that you have a face and a body and

everything.

You just were an entity on the web to me. Posted by Student 99. It says, I have seen many posts by concerned Christians wondering whether this book is a threat to their faith.

And you said, as a Christian, you don't think it is. And here is why. You want to tell us why?

Because I thought this was such a beautiful email. And you know, I've gotten some flack from some Christians. I've even been called the antichrist, which I'm kind of amused by that, for introducing this book to the world.

So I was interested in hearing what you had to say. Student 99, whose name is really Alan from Eugene, Oregon. Hi, Alan.

[Speaker 16] (50:53 - 50:55)

Hi, Oprah. Hi, Eckhart. Hello.

[Speaker 2] (50:56 - 51:02)

You said, go ahead. Go ahead. OK, you go ahead.

So someone let you tell me what you said in the email.

[Speaker 16] (51:03 - 51:44)

Well, basically, you know, I observed some people that were posting that were in a lot of distress. And because they felt that the book was an attack on their faith, many of them had not read the book. Yeah.

And so I wanted to just provide a little bit of perspective on that. From my perspective, I felt like Eckhart's book allowed me to do more than just quote what Jesus said and to actually understand the depth of what he was teaching and be able to practice what he taught rather than just quote what he taught.

[Speaker 2] (51:44 - 53:05)

Well, let me read what you said specifically, because I thought you said it so beautifully here. Most Christians understand the concepts from the Bible of surrendering their lives to God and living a loving life and living in the peace that passes understanding. Christians can quote Jesus saying such as be perfect as your father in heaven is perfect or judge not that you be not judged or you must die to live or deny yourself, take up your cross and follow me.

Unfortunately, not all Christians have succeeded in following up the talk with the walk.

This is because these quotes point to an internal transformation, which some Christians have not yet fully experienced. That is why I strongly recommend this book.

You said, Alan, it provides for very powerful tools for being able to successfully follow Jesus's teachings rather than just quoting them. The book doesn't ask anyone to change their religion of choice, but does help tremendously in successfully applying faith. In a nutshell, you say, Alan, the book shows how to apply forgiveness to every person and every situation.

It shows how to shine the light of awareness on our unconscious hatred of this moment and thereby overcome the cares of this world. If you want to go deeper than knowing about God at the level of thoughts and experience God at the level of knowing, I welcome you to join us in reading A New Earth. Blessings from Student 99.

Isn't that well said?

[Speaker 1] (53:06 - 53:09)

Oh, yes, wonderful. Thank you.

[Speaker 16] (53:10 - 53:28)

Alan, thank you for that. Sure. And, you know, I had left the church and I ended up being able to return to church because of understanding how to apply the concepts in this book.

Really? Well, that's good.

[Speaker 2] (53:29 - 53:46)

Well, thank you so much. Thank you so much. I don't read all the negative stuff, though, because it doesn't help me.

So I'm only, you know, I'm only interested in speaking to people who want to hear what we have to say. And if you don't agree with what I'm saying, that's really OK. I bless everybody and their path, whatever that is.

[Speaker 1] (53:47 - 54:14)

And I've had letters from some priests who found nuns and Buddhist monks, and they all found the book very helpful. They went more deeply into their own tradition, because when you go deep enough into your own tradition, eventually all traditions, eventually you end up in the same place, the same realization. On the surface, the traditions are different.

Yeah. There's only one God at the center.

[Speaker 2] (54:14 - 54:14)

Right.

[Speaker 1] (54:15 - 54:19)

There is only one God. I believe that. The source of all things, all creation.

[Speaker 2] (54:19 - 54:45)

So Peter is Skyping us from his dining room in Phoenix, Arizona. I love to see where people are. Is that a green dining?

Is that green? Yes, it is. That's my favorite color.

My gosh, that's such a lovely color. Hi. Peter is Skyping us from his dining room in Phoenix, where he and a group of friends gather every Monday night to watch our live webcast.

I think that's so great. I hear you adopted a dog and named it Oprah. Is that true?

Come on, Oprah.

[Speaker 8] (54:47 - 54:56)

Let me see her. She came to us the first night of the webcast. The system went down, so it crashed.

So we had all the people gathered. And she came into my life that night.

[Speaker 2] (54:57 - 55:04)

Wow. Oh, what a cutie pie. She's holding up a name.

[Speaker 8] (55:04 - 55:05)

So she's a new addition to my family.

[Speaker 2] (55:06 - 55:16)

That's so great. That's really great. You say you were addicted to smoking for 30 years, but quit 11 weeks ago after reading A New Earth.

This ties into your question, correct?

[Speaker 8] (55:17 - 55:37)

Exactly. We started our group four weeks before the actual webcast. And we were reading the chapter on number eight.

So I applied the techniques to quitting smoking. And with about five minutes work and about three hours time, I had completely stopped. No urges, no more cravings, nothing.

No willpower or anything like that. It was so easy. It was amazing.

[Speaker 2] (55:37 - 55:39)

What is it that you applied?

[Speaker 8] (55:40 - 56:10)

Becoming conscious of the feelings. I had run out of cigarettes. And I thought I had to go to the store.

But when the craving came, I said, OK, let's be with the craving. Let's feel it. What does it actually feel like?

Usually, we just react. And I actually sat there and closed my eyes and felt it. And it started to dissolve.

And it went away. And about two or three hours later, another craving came. And I did the same thing.

And this time, the feeling went away even faster. And then finally, when it came back about a third time, when I put my mind to it, it just completely disappeared.

[Speaker 2] (56:11 - 56:11)

Wow.

[Speaker 8] (56:11 - 56:12)

Gone. It never came back.

[Speaker 2] (56:13 - 56:29)

So were you also doing, I think Eckhart suggests in the addiction section, taking deep breaths sometimes when you feel like you need the craving for, whether it's cigarettes or food or whatever, to take the three deep breaths and see what happens if the feeling dissipates? Did you do that?

[Speaker 8] (56:30 - 57:00)

Yes, I did. I took the breaths to basically create stillness, to become calm. So I took long, deep breaths and just sort of calmed down and then just started to feel the feelings and watch the thoughts.

And I've tried to quit hundreds of times and sometimes a couple of months successfully.

But there was always willpower involved. There's always a craving still there.

You know, if I just had one that was always still in the back of my mind, that's no longer there. I can go out with my friends on a Friday night and they can all be smoking. And I won't even, I only want to look at one.

[Speaker 2] (57:00 - 57:02)

What in the world happened to you?

[Speaker 8] (57:03 - 57:04)

It was miraculous.

[Speaker 2] (57:05 - 57:26)

Yes, that's great. And have you been able to apply the teachings from the book in other areas of your life? I mean, for myself, I've just found that being able to go back to my breath in the middle of the day when things get crazier.

I mean, something Eckhart said, I think, on one of the beginning classes about one complete full breath is a meditation.

[Speaker 8] (57:28 - 57:31)

Well, that's where the question comes from, because I do have other...

[Speaker 2] (57:31 - 57:32)

One conscious breath is a meditation.

[Speaker 8] (57:32 - 57:36)

Earlier in the book and in the chapter, he talks about going below thought.

[Speaker 2] (57:36 - 57:36)

Yes.

[Speaker 8] (57:36 - 58:04)

And he described my situation exactly like he's here. We talk about alcohol, using food and TV to go below thoughts, sort of numb the senses, numb your thoughts and just sort of go into trance, if you will. And I do that a lot.

And I've been trying to break away from that by using the techniques. I have not had the same success. And you also say don't make it a problem.

But I think I made it a problem. And I want to kind of break from that.

[Speaker 2] (58:06 - 58:14)

So you're asking a question about how to use this more forcefully or whatever for alcohol?

[Speaker 8] (58:14 - 58:27)

Yeah, with alcohol, especially and food, you know, I tend to overeat when I'm tired and I just want to relax. Food, alcohol, TV tend to be the things I use. And that brings you below thought when we're trying to be above thought.

[Speaker 2] (58:28 - 58:28)

Right.

[Speaker 8] (58:28 - 58:32)

And I try and do that. I'm not as successful. I get very frustrated.

[Speaker 2] (58:32 - 58:34)

OK, what do you want to say, Eckhart?

[Speaker 1] (58:34 - 59:55)

Well, it's a wonderful success story as far as the smoking is concerned. And bringing, experiencing how awareness can dissolve old patterns. In some cases, instantly.

And in other cases, it takes more time for awareness to dissolve the old pattern. And awareness has to be brought to the pattern when it arises repeatedly. And it does not mean that every time awareness meets the pattern, that awareness is going to win.

Win may not be the right word because awareness, of course, is not never hiding anything. Awareness is just there as the conscious presence. But so bringing conscious presence, for example, into the urge to have a drink.

Not that one or two drinks are a problem, but if drinking is drags you down, drags you down to below thinking, then, of course, it is helpful to bring presence into the urge when it arises. In the same way that you did when you felt the urge come upon you to smoke. So have you practiced that?

Have you been able to feel the urge to drink and then bring awareness to that? And what happened?

[Speaker 8] (59:56 - 59:57)

Yes, I have.

[Speaker 1] (59:57 - 59:59)

And it kind of postpones.

[Speaker 8] (1:00:00 - 1:00:01)

Eventually, I kind of break down.

[Speaker 1] (1:00:01 - 1:01:09)

Yes, I believe I mentioned in the book that bring awareness to it. And it may well happen that the desire, the urge is still there after 10 minutes of awareness. I believe I mentioned that.

It does not mean that you have lost. It means that the desire is very strong. And at that point, perhaps you will have a drink.

And when it happens again, you bring awareness to it again. Eventually, something will happen to the pattern. It's very rare to have an instant success as you did with smoking.

It does happen in some cases. But bring awareness to old patterns, whatever it is, addictive patterns, behavior patterns. Bring awareness.

And eventually, they cannot coexist for that long. So it's a continuing practice. But don't expect perfection.

Don't expect you to be the perfect human being who never touches a drink again or whatever. As I said to Oprah, I enjoy a drink occasionally.

[Speaker 2] (1:01:10 - 1:01:43)

And I said, whoo-hoo. So what he's saying also, and you said this in the beginning, Peter, don't judge it. And as you begin to practice, what I hear you saying is this miracle that you experience with cigarettes is just that because it rarely happens that you start this one time and it works immediately.

What you're saying is the more you apply the practice of bringing consciousness to this desire or craving, to this craving, that it will gradually lessen. Lessen. It will weaken.

It will weaken.

[Speaker 1] (1:01:43 - 1:02:05)

Yes. You can also apply to other things like the many people addicted to television. One day without watching TV would be dreadful for them.

Yeah. So you could perhaps as a practice, like a spiritual practice, you could say one day a week, I'll see what happens if I don't watch television. Don't do it when the Oprah show is on.

[Speaker 2] (1:02:05 - 1:02:06)

Thank you.

[Speaker 1] (1:02:08 - 1:02:24)

One day a week, I'll practice and then observe inside yourself what it feels like. What the need to switch on, the need to be entertained, the need to be stimulated, to absorb what's on the screen. So one day practice.

[Speaker 2] (1:02:24 - 1:02:51)

Thank you so much, Peter. Those are friends behind you. Yes, they're my neighbors.

Peter, move out of the way so we can see them, so we can say hi to everybody. Hi, everybody. Hi to the Peter's group.

That's so great there in Phoenix. Yay, guys. Thank you for watching.

Thank you. Thank you. Thanks, Peter.

Thank you so much. Thank you so much. And all the best to Oprah, you know.

[Speaker 1] (1:02:52 - 1:02:58)

Thank you. Oprah's very cute. Oprah's very cute.

We're talking about the dog.

[Speaker 2] (1:02:58 - 1:03:04)

Okay, we've got Eric on the line calling from Copenhagen, Denmark. Eric, what's your question?

[Speaker 13] (1:03:05 - 1:03:15)

Hi, Oprah. Hi, Eckhart. Hi.

Hi, my question is in reference to page 224 when Eckhart writes the phrase, this too shall pass.

[Speaker 2] (1:03:15 - 1:03:17)

Oh, yeah. Love that.

[Speaker 13] (1:03:17 - 1:03:59)

Yeah, and I feel it's a real powerful phrase that brings a person into the present moment, and it's also used as a slogan in 12-step recovery programs. And when someone's been living very much in the ego and form surrenders and enters a 12-step program, which I did over five years ago, and I currently act as a sponsor for newcomers, am I acting too much in the ego because I'm constantly working these 12 steps and sharing them and your concepts with others? And also, if this is the case, how can I live in consciousness and work at 12-step programs with the meetings and sponsorship without the ego being so much at the forefront?

[Speaker 1] (1:04:00 - 1:04:47)

Well, that's a good question. The criterion is whether you yourself are still living it on a daily basis. If you're living the truth of it, this too shall pass is only a pointer towards a particular state of consciousness that is a state of detachment.

Not that you don't care, but it's a state of that you still care deeply, but there is a detachment from what's happening, an inner sense of freedom in the background. So when you use these tools, for example, a phrase or a pointer, sometimes people who teach these things professionally, after a while they stop practicing themselves, and they just use them as a formal thing, and then the ego can come back in.

[Speaker 2] (1:04:47 - 1:04:48)

Because you think you know everything.

[Speaker 1] (1:04:48 - 1:05:41)

Yes, yes. And then you are not living it, you're teaching it, but you're not yourself living it anymore. And that is the question that only you can answer, whether you are still living the reality that's beyond this pointer, that what the pointer points to.

And if you are living it, the ego has not taken over and you're doing wonderful and very helpful work. I know that the 12-step program has been extremely helpful for many people. I've had many people who've come to spirituality through that.

So I'm sure you're doing wonderful work and continue to be alert and awake so that there's a certain amount of self-observation, just to make sure that you are still there yourself, that you come from that place so that the mind doesn't take over.

[Speaker 2] (1:05:42 - 1:05:44)

Okay, Eric? Yeah, that sounds great.

[Speaker 13] (1:05:44 - 1:05:45)

Thank you very much.

[Speaker 2] (1:05:45 - 1:06:33)

Thank you, Eric. So let's begin, because I think that's one of a huge part of Chapter 8 in the discovery of inner space. The story that you began with the ancient Sufi story from the Middle East about a king who's continuously torn between happiness and depression.

On page 223, you write, The slightest thing would cause him great upset or provoke an intense reaction, and his happiness would quickly turn into disappointment and despair. A time came when the king finally got tired of himself and of life, began to seek a way out. He sent for a wise man who lived in his kingdom, who was reputed to be enlightened.

And when the wise man came, the king said to him, I want to be like you. Can you give me something that will bring balance, serenity, and wisdom into my life? I will pay any price you ask.

What is that price the king had to pay? What is the price all of us have to pay?

[Speaker 1] (1:06:34 - 1:07:00)

Well, first of all, of course, the price the king asked, well, how much does it cost? How much is it going to cost? And the wise man said to him, it is of such value that even your whole kingdom could not pay for it.

Now, what that means is that the primary thing in your life is nothing external. What is primary in your life is your inner state of consciousness.

[Speaker 2] (1:07:00 - 1:07:01)

I got that.

[Speaker 1] (1:07:01 - 1:07:15)

And compared to that, you could have the greatest riches if you are in a state of anxiety, of fear, negativity. Nothing is worth that.

[Speaker 2] (1:07:15 - 1:07:23)

You know, in the Bible and in the church, I don't know if it's in the Bible, but I know in the church we sing this song called, It is well with my soul.

[Speaker 1] (1:07:24 - 1:07:24)

Yes.

[Speaker 2] (1:07:24 - 1:07:45)

So unless it is well with your soul, it does not matter what your outward state is, where you're living, how many square feet you have, how many cars, whatever acclaim you have received in the world, unless it is well with your soul or your inner state of being, your inner space, then you're not well.

[Speaker 1] (1:07:45 - 1:08:43)

Yes. And so always to bear that in mind, am I at one with life at this moment? What is my inner state at this moment?

Your primary concern in any situation needs to be your inner state. Your secondary concern is the outer situation, because only when you're in an inner state of rightness, of presence, can you adequately deal with outer situations. So what is the price?

There is no price in terms of monetary value or anything like that. We could say that the price to pay is you let go of the false self. That is the price you pay, the false mind made self.

The price to pay is identification with that false, the false I, the false me. And so that's a relatively easy price to pay because it's wonderful to let go of that.

[Speaker 2] (1:08:43 - 1:08:45)

But the wise man gives the king a ring.

[Speaker 1] (1:08:45 - 1:09:10)

Yes. And inside the ring, the inscription is. This too shall pass.

This too shall pass. And he says, whatever situation arises in your life, before you call it good or bad, before you react, before you judge it, touch this ring and remember the inscription. And this too shall pass.

[Speaker 2] (1:09:10 - 1:09:45)

Now, I find that to be very helpful. As a matter of fact, when I was going through last year, this crisis at my school, that was one of the things I said to myself every day is live in this moment. Let's handle this moment as it comes and this moment as it comes.

And then what comes next, I'll handle that moment. And I always knew this too shall pass. Works for me very well.

And I'm sure a lot of other people, if you're in a difficult stage in your life, you're going through, you know, trauma or divorce or whatever to know that this too shall pass. But when I'm feeling happy and feeling joyful, I don't want to think this too shall pass.

[Speaker 1] (1:09:47 - 1:09:51)

That can actually also be very peaceful if you know that it is transient.

[Speaker 2] (1:09:51 - 1:09:56)

I know that you're having such a good time. And then you're thinking this too shall pass. So don't get too happy.

[Speaker 1] (1:09:56 - 1:10:16)

If you don't know that this too shall pass, then what can happen? You will cling to the situation. I got it.

I got that. And if you cling to the situation and then it passes as it will. As it will.

Or even if it doesn't pass yet, it might last for a little while. Even while you are the clinging itself means already some fear is coming in.

[Speaker 2] (1:10:16 - 1:10:17)

Oh, I see that.

[Speaker 1] (1:10:17 - 1:10:29)

Through the holding on, you don't want this situation to leave you or you don't want to leave the situation. The clinging means brings already up some fear. And that means you can't enjoy it as much really.

[Speaker 2] (1:10:29 - 1:10:53)

I just had a great epiphany, not even for myself, but for all the people that I know that our keyword here is clinging. So many people do this in relationships. They're holding on to a relationship that has already shown itself to be transient.

It's moving on to the next level. And what so many people do, they want to hold on and let it be as it always was.

[Speaker 1] (1:10:53 - 1:10:53)

Yes.

[Speaker 2] (1:10:54 - 1:10:55)

And it's in the process of passing.

[Speaker 1] (1:10:56 - 1:10:56)

Yes.

[Speaker 2] (1:10:56 - 1:10:58)

And you should let it pass.

[Speaker 1] (1:10:58 - 1:11:17)

Yes. Allowing change to happen and becoming comfortable with change. This is part of this.

This too shall pass because we live in this world where things continuously pass away. The Buddhists call it impermanence. It's one of the deepest truths of the Buddha.

[Speaker 2] (1:11:17 - 1:11:25)

And the problem lies when you expect it to be the same as it always was. And that's where so many people get in trouble in their relationships, especially.

[Speaker 1] (1:11:25 - 1:11:37)

Yes. And it's an inability to let go, inability to let go of situations, of people. And that eventually brings suffering.

[Speaker 2] (1:11:37 - 1:12:04)

Yeah. Just recently, a friend of mine was telling me about her husband had said to her, he wasn't sure he wanted to remain in the relationship. He wasn't sure.

And there's, you know, seeking counseling about that. And he's now, you know, sleeping in a different bedroom and all that stuff. And she's trying to hold on and wants things to be the way they were and wants to have a baby and all of that.

[Speaker 1] (1:12:04 - 1:12:49)

And you would say, put that ring on. Yes. So especially don't cling.

If you don't cling, it means there's no fear in the situation. The fear comes through the clinging, through not wanting the change. And so if you approach the situation without fear, then one of two things can happen in a situation like this.

There may become a deepening in the relationship. When a relationship hits a crisis, it may be time for the relationship to dissolve or it may be time for a deepening. Uh-huh.

And so... How do you know the difference? When there's no fear, then you will know either it will deepen or it will end.

Wow. Or it will pass on. The fear keeps you stuck where you are.

[Speaker 2] (1:12:50 - 1:13:23)

Got it. I got it. So let's see some of the email questions you've been sending during our class.

Linda in Tokyo, Japan. How do I tell the difference between an ego decision or a conscious decision? I'm in a sexless marriage and want to leave.

Oh, I'm scared. I've been living in the moment for the past eight weeks. My answer is not coming to me.

That's what Linda wants to know. How do I tell the difference between an ego decision or a conscious decision? Yes.

I'm in a sexless marriage and I want to leave. But I'm scared. You just said it.

You just said it, though.

[Speaker 1] (1:13:23 - 1:14:11)

Yes. And an additional thing here. Sometimes something comes to you.

This is what I'm going to do, your mind says. Okay, now I know what I have to do. The question is, where does that realization of what you have to do come from?

Does it come from the ego? Or does it come from the deeper level of your being? How can I tell the difference?

There's a qualitative difference in, one could say, vibrational frequency. Correct. If it comes from the deeper level of yourself, out of the stillness, it's always associated with peace.

It's a peaceful realization. If it's agitated or if it's fearful and says, now I know what I have to do, or if it's angry, agitated, fearful, it comes from the upper level.

[Speaker 2] (1:14:11 - 1:15:10)

And another thing I would say to Linda in Tokyo, Japan, you're absolutely correct. Another thing, it comes from, if it's coming from inner space that we're talking about in chapter eight, if it's coming from consciousness or inner space and not your ego, not only will you feel peace, but you won't have to ask 15 other people, is it the right thing? You will know it's the right thing.

Yes. You will know it's the right thing. And I have found that if you are operating from consciousness, your higher consciousness, or as we're calling it in this chapter, inner space, that whether it's buying a pair of shoes or making a life decision, if it comes from the place of inner space, you know the answer.

When it's outside yourself, if it's in your ego mind, you have to ask the store clerk, you have to ask your friends, you have to ask everybody, what do you think? What do you think? What do you think of these shoes?

What do you think? What do you think? You know?

But when you are, when it's well with your soul, the answer's clear.

[Speaker 1] (1:15:11 - 1:15:20)

That's how you know. Quiet, peaceful certainty. Yes.

Powerful, quiet, peaceful. You know what you have to do. You know what's right for you.

[Speaker 2] (1:15:21 - 1:15:45)

It's like the other day I had to cancel an engagement and I was saying I never cancel things, but after I canceled, I felt such a calm and I knew that that was the right decision. Yes. Although it might be upsetting to other people, I felt such a calmness about it.

And that is true for anybody who's making a decision. When you make the right decision, you feel a calmness and a peace about it.

[Speaker 1] (1:15:45 - 1:16:01)

Yes. And that also relationships, leaving a relationship, if it comes from the right place, you leave, but you're peaceful. Right.

You're not afraid. No. You're not afraid.

You still could be sad about it, though. Yes. Yes.

Sadness can happen.

[Speaker 2] (1:16:01 - 1:16:03)

You could be sad about it, disappointed about it.

[Speaker 1] (1:16:03 - 1:16:39)

Interesting thing about sadness is, or sadness, of course, also arises when somebody passes away close to you. There can be sadness. And if there's acceptance, then, because death is one of the prime examples of everything passing away.

Before life form passes away. Everybody, if you live with a partner, either your partner will leave you or you will leave sooner or later through death. And so that's the allowing change to happen.

[Speaker 2] (1:16:40 - 1:17:05)

Allowing change to happen. And you say the key to understanding this too will pass at the top of page 225 is knowing that non-resistance, not resisting, non-judgment and non-attachment are the three aspects of true freedom and enlightened living. Hard to be non-resistant, non-judgmental and non-attached when it's your husband who says I don't longer want to be in this relationship.

[Speaker 1] (1:17:05 - 1:17:22)

Yes. Yes. And if there's a, if you share a great deal of past with another person, it could also be a family member or a parent, then it's sometimes harder to be present when there's a huge amount of past in the relationship.

[Speaker 2] (1:17:22 - 1:17:38)

I got that. But once you see and accept the transience of all things, page 225, and the inevitability of change, you can enjoy the pleasures of the world while they last without fear of loss or anxiety about the future.

[Speaker 1] (1:17:38 - 1:17:55)

I thought that was so brilliant the way you did that. That's the beautiful thing about being able to enjoy the things of this world knowing that nothing is going to last. Nothing's going to last.

And you can actually enjoy it more deeply now without the fear that it might finish. Because it is going to finish. Yes.

[Speaker 2] (1:17:56 - 1:17:56)

It is going to finish.

[Speaker 1] (1:17:56 - 1:18:01)

And then something else will take its place. It's continuous coming and going. I got that.

[Speaker 2] (1:18:01 - 1:18:22)

Tonight, we're Skyping again with a study group in Los Angeles who've gathered at the Bodhi Tree Bookstore. It's a landmark in West Hollywood. Hi, everybody at the Bodhi Tree.

Hi. Oh, gosh. There's our Bodhi followers.

Nick has a question about finding his purpose, and I know it's something that's been on the minds of quite a few of our students. Hello, Nick. Let's hear it.

[Speaker 4] (1:18:23 - 1:18:55)

Hey, Oprah. What's up? Hey.

Everything's up. My question is basically, well, you have to worry about a lot of stuff in life. You have to go to work.

You have to pay your bill. Your cell phone bill works in the now. But if you don't work today, it's not going to work a month from today.

So how do you live in the now and still worry about your IRAs, investing in your future, what you're going to do as far as money, paying your bills, doing what you have to do in this ego-censored world, especially in Los Angeles?

[Speaker 2] (1:18:56 - 1:19:08)

So we're just saying, how is just becoming who we are truly? What if becoming who we were truly meant to be really isn't financially practical, is what you're asking, right?

[Speaker 4] (1:19:10 - 1:19:36)

Yeah. What if I wanted to go on a mountain somewhere and just become who I was? I eventually would, I guess, starve or freeze.

But I mean, how do you integrate this in your everyday life, sort of being in the now, being the essence of who you are, without suffering in the long run? The squirrel would suffer. The squirrel would die if it didn't put away nuts for the future.

[Speaker 2] (1:19:39 - 1:19:48)

Yeah, I'd seen a question that you'd sent earlier, Nick, where you said it's all fine and dandy to read about becoming who you truly are and being who you were meant to be, but how do we do that and still pay all of our bills?

[Speaker 1] (1:19:49 - 1:19:50)

Right. Yes.

[Speaker 2] (1:19:51 - 1:19:51)

Okay.

[Speaker 1] (1:19:51 - 1:21:02)

Thank you. Thank you. Good question.

However, the first few words of your question already contained an error, and it's easy if an error keeps into a question, then it's hard to answer it truly. The error was, you said,

we have to worry about paying our bills and all kinds of things. Is that true?

No. You have to pay your bills, but you don't have to worry about paying your bills. And the squirrel has to put away the nuts, but the squirrel is not worried about the nuts.

Only humans are worried about their nuts. So being present with what you do does not mean that you neglect your daily affairs and so on. It means you deal with them in a different and, in fact, more powerful and more effective way.

You give up the worrying part. You still pay your bills, but you let go of the worrying about paying your bills. In that way, you learn from the squirrel how to live.

Because worrying is your choice. You see that, don't you, Nick? Worrying is your choice.

[Speaker 4] (1:21:03 - 1:21:33)

At times when I don't worry, I've had moments in my life where I didn't worry. I just kind of let the waves of the world roll over me, and I kind of did nothing about situations and hoped that they would work out themselves, and they didn't. You know, worrying did help me in the past to actually get things together and get my life on track.

I guess, for me in my life, to be in the essence, to be with my spiritual self, it's not enough. I have to really be actively worried about the actual day-to-day business of surviving.

[Speaker 1] (1:21:33 - 1:21:34)

Well, I would...

[Speaker 4] (1:21:34 - 1:21:35)

Which most people have to do, you know.

[Speaker 1] (1:21:36 - 1:23:05)

I would still argue with that. It is true that you need to take action. It is not true that you need to worry in order to be able to take action.

So you can actually experiment with, in your daily life, start with little situations. Let's say there's a pile of bills that you have to pay. How do you approach these bills?

Are you going to worry the night before or on the day? Or am I going to be able to pay you? You just take one bill after another.

You look at it. You face it. Okay, do I have the money in my bank account or not?

If you don't have the money in my bank account, I have to do something to make more

money. What is the possible? What can I do now?

Put that aside. Look, this action I can take. Pick up the phone.

Make a phone call. Do the present. Effective.

Powerful. But no worry. If you...

Then you'll see your whole life will become not only more effective and more powerful, but also much easier. It flows with greater ease. Nothing in nature is worried.

All the animals do what they have to do, but they don't worry about it. They are active. Everything is active in nature.

The trees are active. The grass, the flowers. Everything is active and putting out energy.

It's only the humans that worry about it and think they need worry in order to survive in this world. You don't need worry. You need action, but not worry.

[Speaker 2] (1:23:05 - 1:23:17)

That's an interesting point. If you've ever been on safari or seen animals on a hunt or actually seen a kill, they go out in search of. And we've...

Everybody, I'm sure, watched the Planet... You watched the Planet Earth series, right, Nick? Where you see the animals...

[Speaker 4] (1:23:17 - 1:23:18)

Oh, Nick, you got it.

[Speaker 2] (1:23:18 - 1:23:19)

You know what?

[Speaker 4] (1:23:20 - 1:23:24)

What he was saying... I'm sorry. Nick, you got to get the Planet Earth.

[Speaker 2] (1:23:25 - 1:23:39)

And you get to see all these animals hunting other animals. And you just made me think of what you're saying. As the animal's hunting the other animal, it's just doing it.

It's not worrying. I hope I find a rabbit today. I hope I find a rabbit today.

Yeah.

[Speaker 13] (1:23:39 - 1:23:39)

Right.

[Speaker 2] (1:23:40 - 1:23:41)

Go ahead, Nick. Go ahead.

[Speaker 4] (1:23:41 - 1:23:42)

You want to continue?

[Speaker 2] (1:23:43 - 1:23:43)

Yeah.

[Speaker 4] (1:23:43 - 1:24:08)

That reminds me of the lily in the valley. It doesn't worry about clothing itself in the Bible. It just does.

It just exists. It worries not... Or the sparrow or the crow does not worry how it's going to get its next meal.

It just does. And that reminds me of that right there. But I'm thinking...

I guess I'm thinking of those hippies in India that still haven't come back. They're just broke and they took all their idealism there.

[Speaker 2] (1:24:08 - 1:24:36)

Well, that's really good for that Bible stuff and for the lilies of the valley. But listen, I'm in L.A. and I got to worry about these. Is there anybody else here at the Bodhi Tree behind you that...

Is there anybody that disagrees with Nick that has similar issues and you're not worried about it? You've been able to apply. Come up to the microphone here.

Let's get... Come on up there. Hi.

[Speaker 10] (1:24:36 - 1:24:38)

Hi. Hi, you are...

[Speaker 2] (1:24:38 - 1:24:38)

Hi, who are you?

[Speaker 10] (1:24:39 - 1:24:39)

I'm Jessica.

[Speaker 2] (1:24:40 - 1:24:43)

Oh, hi, Jessica. Hi. So what do you want to say about what we've been talking about?

[Speaker 10] (1:24:44 - 1:25:14)

You know, there's a... It's on page 238 and it's about becoming one with the situation and that the solution arises out of that. And I've always kind of been a more of a take action person first and then deal with the inner peace and all that later.

But I was wondering, how do you deal with things like that in relationships and things like weight management and all of those issues? Do you just become still and just hope for an answer to come or do you still actively seek one out?

[Speaker 1] (1:25:15 - 1:27:33)

So what you're referring to is on this page, it says you don't react. What I'm saying there is you don't react against a situation when a situation arises that... You merge with it.

Yes. And the solution rises out of the situation. Now, this should not be confused with becoming inactive or just sitting there and looking and not doing anything.

What it means is there is no inner resistance to that arising situation. Sometimes things happen when you have a project, you have some work to do, and something happens to... Some obstacle arises in what you want to do.

A person, a situation arises. And so for many people, as soon as an obstacle arises, they become resistant and they go into a negative state and try to fight the obstacle. They're fighting the obstacle rather than accepting the moment as it is internally and say, oh, the situation has changed.

We talked about change. Situations change continuously and the world does not necessarily do what it wants you to do, what you want it to do. So you face a situation and any change that happens is immediately accepted inside.

And through the acceptance, you respond to the situation. So you're not accusing, you're not making wrong, you're not complaining about the situation to yourself and others. So many people burn up a huge amount of energy uselessly that they could use to deal with the situation, but they burn up a huge amount of energy complaining in their heads and to others about what has happened.

Instead of looking at what has happened and saying, oh, this is how it is, what can I do now? A moment of stillness and then action happens. No complaining, no resisting, no fighting against, not making a person or situation into an enemy.

That again burns up a lot of useless energy and brings up a lot of energy that is going to

sabotage what you want to do.

[Speaker 2] (1:27:33 - 1:27:47)

So again, you say when instead of reacting against the situation, you merge with it, the solution arises out of the situation itself. Actually, it's not you, the person who's looking and listening, but the alert stillness itself or the inner space.

[Speaker 1] (1:27:47 - 1:28:00)

When I say the solution arises out of the situation, it does not mean that you don't do anything. In some cases, it is you who's going to take the action, but it will come out of a powerful place of being one with the situation.

[Speaker 2] (1:28:01 - 1:30:07)

WINFREY. Yeah, I think too, Jessica. Ask Nick to come back to the microphone.

Thanks, Jessica. Nick, come back up here. We're not through with you.

I think too, I think you really represent a whole lot of people, particularly young people who have said to me personally or have emailed and think that being in alignment with who you're truly meant to be and awakening to your purpose is some kind of is represents passivity, that you're just sort of sitting around, just, you know, waiting on a moment and not really doing anything. The real purpose of this entire book and the work of spirituality is to get you to get us to align our personalities with our soul or higher consciousness, so that the work that you do in the world comes from the place of the higher consciousness, and you use your ego or personality to serve that. You allow your personality to serve the calling of consciousness that has put you here on the earth in the first place.

And when you do that, everything has a flow to it. You're in the right job that gives you the right amount of money for you at any given time, because you are in alignment. So you're not worrying about things because you're not living beyond your means.

You're not stressing about things because you're not allowing your ego to determine and define who you are in the world. So you're not acting out of an external self, but acting out of the place of inner space or consciousness. So everything is in alignment.

And that's not passive. That's not, I can't pay my bills. And so let me find myself later.

That is aligning your personality with the higher consciousness so that your higher consciousness, you operate from a place of being, and the inner space is directing and guiding your life and not the outer space. You get it?

[Speaker 4] (1:30:08 - 1:30:18)

Yeah, I do. Sorry if I made you mad, Oprah. But I do.

That's wonderful. Thank you so much.

[Speaker 2] (1:30:20 - 1:30:39)

No, I'm not mad, but I just, I hear this a lot. I mean, earlier today, my stylist was saying, but what about my passion? What about my passion?

You want me to just give up my passion? No, this isn't about giving up your passion. It's about feeling your passion more deeply.

And being in alignment with that.

[Speaker 4] (1:30:41 - 1:30:59)

How do you know if what you want, what your passion is, isn't just ego-driven? What if I just wanted to be like, I don't know, a rock star? And that's just completely ego-driven.

And that didn't help the world in any way. But if I kept on working towards it, it would just not be serving anyone but myself. What if my passion is wrong?

[Speaker 1] (1:31:00 - 1:31:01)

You know, what if it's wrong?

[Speaker 4] (1:31:02 - 1:31:02)

Sorry, too many questions.

[Speaker 1] (1:31:03 - 1:31:37)

No, no, it's fine. No, go ahead, go ahead. Eckhart, answer that.

Sometimes you may not know, until you have achieved what you wanted to achieve, whether it was ego or not. When you get what you wanted to achieve, and very soon you find it does not satisfy you, then it was the ego. So you can, it's a learning process.

Nobody's saying you shouldn't try to achieve this or that. If the impulse is there to have this or that, do it and see what happens. If it doesn't satisfy you, it's the ego.

[Speaker 2] (1:31:38 - 1:32:23)

And the greatest rock stars are those who are rock stars because they sing or they perform because they had to. And whether they were performing to, you know, grand crowds or in their garage space to just their family members, they sing because they have to. The greatest dancers are those who dance because they have to, and they become rock stars or dancing stars because that is coming from such a pure place of

passion.

And that's what the world feels, because those are the people who last. The people who are operating from the passionate, true space, and not just doing it because they want to make the money or because of the ego self. That's what I think.

But it's nice talking to you, Nick.

[Speaker 1] (1:32:23 - 1:32:24)

Thank you.

[Speaker 4] (1:32:24 - 1:32:26)

Sorry it took so long, but it was a pleasure.

[Speaker 2] (1:32:26 - 1:32:53)

Thanks everybody at the Bodhi Tree, Jessica, Nick, and all our Bodhi buddies. Okay, now we have an email from Sumaya in Bethlehem who wanted to say that, I live under military occupation. I witnessed the demolishing of my home, and I do not know how to apply your theories when the outside is so out of my control.

How can I be at peace when there are soldiers outside my door? There's a question for you.

[Speaker 1] (1:32:55 - 1:34:20)

That is, of course, the experience of many people in this world. If you look what's happening in this world, people are confronted with violence all the time, with loss, they lose their homes, they lose family members. Is it possible here to enter a state of surrender?

Is it possible to accept the seemingly unacceptable? And for some people, it has been possible. I know it is possible to accept what seems unacceptable.

And if you accept the unacceptable, you will go very deep, very quickly. And what otherwise would take many years of realization to realize, it will take you to a very deep point if you accept something, great loss in your life. In prison, I continuously get letters from people in prison now.

This is unacceptable. Some prisons are dreadful places. And some people there live in agony and suffering and anger and resentment.

And some, a minority, a few, have realized that they can live in the state of inner surrender, which is not negative. It's a complete acceptance that this is as it is right now.

[Speaker 2] (1:34:20 - 1:34:23)

Because they are in non-resistance, non-judgment, and non-attachment.

[Speaker 1] (1:34:23 - 1:34:56)

Yes, because, and you accept it because, why should you accept it? Because it is at this moment, it is. So no matter what it is, accepting the isness of this moment brings you to a place of inner freedom and also a place of power.

You have to go, in order to accept the unacceptable, you have to go really very deep and say, bring a very deep yes to this moment. An uncompromising yes.

[Speaker 2] (1:34:57 - 1:35:30)

I think that a lot of people have trouble with the word accepting it because accepting says to people, I must then also condone it. What you're saying is, by your term accept, you mean don't deny that it's happening. As you resist it, if you continue to resist it, the example you used earlier in our classes is you're in the mud, you're stuck in the mud, the wheels are in the mud, you must first accept that I'm stuck in the mud before you can get yourself out of the mud.

You can't keep saying, I'm not in the mud.

[Speaker 1] (1:35:30 - 1:35:42)

No, and you don't say, I shouldn't be, why did this happen to me? I can't believe I'm in the mud. And then all the energy goes into the complaining and into the resistance.

Correct, got it, got it.

[Speaker 2] (1:35:42 - 1:35:47)

Christina lives in Toronto, Canada, and Skyping us from her family room. Christina, your question, hello.

[Speaker 9] (1:35:48 - 1:35:49)

Hi, Oprah, hi, Akbar.

[Speaker 2] (1:35:50 - 1:35:50)

Hi.

[Speaker 9] (1:35:51 - 1:36:34)

I have been afraid to drive for about 16 years now. I was in a serious car accident and it has stopped me from being responsible in my family life. My husband has so much

burden.

He has to take our kids to their activities and so forth, take time off of work to take them to doctor's appointments. So my question, but just recently from reading A New Earth, I've started to drive, so yay. But my question is, how do I remain in inner spaciousness that you speak about on page 238 so that I can stay behind the wheel?

I mean, things are going well right now, but if that fear comes creeping back, how do I handle it?

[Speaker 2] (1:36:34 - 1:36:38)

I don't know if I want you behind the wheel if I'm on the road and you're trying to do that.

[Speaker 9] (1:36:38 - 1:36:39)

Don't say that.

[Speaker 1] (1:36:39 - 1:38:43)

No, okay, okay. First, you're now able to drive. That's wonderful.

The old fear is gone, but now a new fear has arisen and that fear is about whether the fear is going to come back or not. And so that is often the case. People develop a fear about a fear.

Am I going to be in fear again? The mind tends to do that kind of thing because it projects itself into the future and says, am I going to remain fearless or is the fear going to come back? So realize that that is your mind trying to figure something out and thereby creating a new level of fear on top of the original fear that has already dissolved.

So trust that it's not going to come back, but something you can do to help it is to actually consciously enjoy the driving and enjoy sitting in the car, enjoy sitting at the traffic light, enjoy the driving itself. I enjoy driving. It's a very peaceful thing to do for me.

And be comfortable with being in the car. What I used to do often in the... don't do it so much anymore.

I would get into my car and drive out to some lonely place and sit in the car and meditate or write. I liked being in the car. So use the enjoyment.

The more you find the enjoyment, the less likely the fear is going to come back. So seek the enjoyment of... it's to do with enjoying the present moment, the driving itself, the movement and so on.

And don't go into your mind. Don't follow up that thought when it says, oh, is it going to last? Is this state of being without fear going to last?

[Speaker 2] (1:38:43 - 1:38:44)

Just stay in the moment.

[Speaker 1] (1:38:44 - 1:39:16)

Stay in the moment. The more you're in the moment, the less likely fear is going to come back. It can't really come back when you are in the now.

It's only when you leave the now, then it'll come back. Either you go into the past and you remember something that happened in the past. You've left the now.

Or you go into the future and say, am I going to have fear again at some point? So the more you stay in the now, the more you're keeping out fear. Fear comes through past or future.

[Speaker 2] (1:39:18 - 1:39:27)

Thank you. Thank you. Thank you so much.

Thank you. Okay, Yvonne. Okay.

Yes. Hi. What's your question?

I like this question.

[Speaker 7] (1:39:28 - 1:39:57)

It's about this two shall pass and the quote about it. And I forget the quote now, shoot. How do you be a voice for change in the planet where things are going wrong and still be present in the stillness and create the action without being taken down by all the horrendous things that are happening?

It seems to me like a paradox to be present and then to work for change in the future.

[Speaker 2] (1:39:58 - 1:40:07)

Yeah. You said, how can I be a voice for planetary change and really say, I don't mind what happens? Because there's so much crazy stuff is going on in the world.

How can you just say...

[Speaker 7] (1:40:07 - 1:40:09)

Do not mind animal abuse.

[Speaker 2] (1:40:09 - 1:40:15)

Right. Not mind animal abuse. Not mind all the violence going on in the world and just say, this too shall pass.

[Speaker 1] (1:40:16 - 1:41:32)

First, of course, the English language has two expressions that are related and yet very different. Sometimes, I don't mind is interpreted by people as meaning I don't care. I don't care and I don't mind are very different.

I don't mind does not mean that you don't care. It means there is a space of freedom inside you and that is a peaceful place. And unless you are rooted in that peaceful place within, you cannot ultimately be an agent for true positive change in this world.

Your state of consciousness is what transmits itself through whatever you do. Your state of consciousness is primary. And only if your state of consciousness is at peace can whatever you do reflect that.

And you can be a bringer of peace into this violent and insane world. And you can then through whatever you do externally can bring sanity into this logic insane world.

[Speaker 2] (1:41:32 - 1:41:43)

Whether it's about that particular thing you're concerned about or not, because if you are in a state of consciousness where you are at peace, everything that you do in the world will bring peace to the world.

[Speaker 1] (1:41:44 - 1:42:12)

And that's how you change the world. Yes. And everything you do will be much more empowered.

It will be empowered by that consciousness rather than coming from antagonism, coming from thinking I have to fight these people, making situations or people into enemies. That's all the old consciousness. You cannot change this world through the old consciousness or applying the structures and the ways of the old consciousness.

[Speaker 2] (1:42:12 - 1:42:30)

Yeah. One of the things you shared with us earlier, what he was saying, Yvonne, in one of the early classes is that you cannot make change by fighting against anything. And a surefire way of knowing that something is going to fail is when you say it's the war against.

Yes. The war against anything cannot win.

[Speaker 1] (1:42:30 - 1:42:54)

No. So if you cannot fight, it does not mean that you cannot take action. You can take powerful action, but it comes out of that basic place of inner peace.

People don't realize, many people don't realize yet that very powerful action can come out of the place of inner peace. They believe they need to be agitated to bring about change.

[Speaker 7] (1:42:56 - 1:43:16)

Coming from inner peace motivate other people to sort of mind what's going on so that they might do things differently in their lives that impact the planet as a whole. That's the thing that kind of worries me, that the concept can give people apathy and like, oh, I'm going to throw my cigarette on the ground and it's going to go into the ocean and I don't mind what happens.

[Speaker 1] (1:43:17 - 1:44:20)

No, that's not it. You see the consequences of any action. If you're present, then you will not do unconscious things that will actually produce suffering.

It's only when you're not present that you will produce suffering in one form or another. Got that. When you're present, you do not generate suffering for yourself or others.

It's the only place from where you don't generate suffering. And then you are already the beginning of the change of the world. And then it doesn't matter what you do, you may just disseminate information, but the information to make people aware of certain things.

Some people, this can be a very important thing to do. And the way in which you disseminate the information will also be empowered by your state of consciousness. It will not make others wrong, other people wrong and thereby produce a reaction.

And then you're trapped in the same old thing.

[Speaker 2] (1:44:20 - 1:44:43)

You've experienced that, right, Yvonne? You've been on the street and somebody is trying to hand out something. And if it's a person who's really agitated or you can feel or sense their anger and agitation, you don't want to take the pamphlet.

But if the person hands it to you or whatever it is, with a sense of calm or peace, then you're more inclined to want to even engage with them.

[Speaker 7] (1:44:43 - 1:45:11)

YVONNE SEGARS I've experienced that as myself, like 15 years ago in college, being the staunch environmentalist and telling people what to do. And of course, watching them do the opposite, inspiring the exact opposite that I wanted. So I've worked the last 10 years since the power of the now to be present.

But in order to do that, I had to like stop looking at the atrocities of the world. And now I'm ready to come back and I want to keep the spiritual side, but at the same time, not let the world get me down, but be able to do something and be a part of positive change.

[Speaker 1] (1:45:11 - 1:45:29)

Yes, that's your challenge now. That's your challenge now. And your spiritual practice now is to balance the two so that you can be active and bring about change in the world without losing your rootedness in being and your presence.

So that's a balancing act.

[Speaker 7] (1:45:29 - 1:45:30)

YVONNE SEGARS Yes.

[Speaker 1] (1:45:30 - 1:45:31)

And that's what you have to do now.

[Speaker 7] (1:45:31 - 1:45:49)

Thank you for sharing how to do it. I'm learning slowly what you just said about accepting the acceptance, the deep acceptance of the world as it is. That hit me finally.

I'm starting to understand the depth and not the accept of it's okay. YVONNE SEGARS No. Right.

Just that this is happening. YVONNE SEGARS That it is happening.

[Speaker 2] (1:45:50 - 1:45:50)

Yes.

[Speaker 7] (1:45:50 - 1:45:50)

Yes.

[Speaker 2] (1:45:51 - 1:45:54)

And that the angrier you're more upset you get about it, it's still happening.

[Speaker 7] (1:45:55 - 1:46:08)

Oh, yeah, yeah. Yeah. That doesn't serve anything.

I get that. But then how do you keep going? I'm slow process.

There's two more weeks, two more chapters. I'm hoping. Inner purpose is going to help that a lot.

Thank you.

[Speaker 2] (1:46:08 - 1:46:24)

Tell Nick to be sure to show up for inner purpose. I got a few things to say. YVONNE SEGARS Thanks, everybody.

Natalie lives in Australia, but is on holiday with her family and is Skyping us from her friend's kitchen in England. Hi, Natalie.

[Speaker 11] (1:46:24 - 1:46:27)

Hi, Yvonne. Hi, Yvonne. How are you?

[Speaker 2] (1:46:27 - 1:46:28)

YVONNE SEGARS We're both well. Thank you.

[Speaker 11] (1:46:29 - 1:47:30)

That's so exciting for me. On page 239 in your book, you say that some people feel more alive when they travel and visit unfamiliar places or foreign countries because those times, sense perceptions, experiencing takes up more of their consciousness and thinking. Since the class on the third chapter, I've been sharing an amazing holiday with my family and our friends in Europe.

I've been able to enjoy my holiday so much more by practicing the teachings that I've read about in the book and the things I've learned from the class. But my life back home is not like my holiday. It's really busy.

I've got a job and three children and my husband has his own business. And on reflection, I think I've filled up any free time I've had so that I wasn't alone with that constant noise in my head. I feel really great at the moment and I want to feel the same when I go home.

So my question is, how do I transition between this wonderful holiday and go back to my normal life at home?

[Speaker 1] (1:47:32 - 1:49:46)

Okay, okay. That's a good question. Yes, yes.

Thank you. Yes, it's a good question. The everydayness of many people's lives can really pull you into a place of unconsciousness because the repetitiveness of one's life.

So it's up to you when you get home to invite a different state of consciousness as much as possible into your daily life, into the daily routine of your life. Invite a state of presence when you are engaged in things that you do every day, repetitively. Things that usually are a means to an end.

Driving those kids to school, doing the shopping. You can see how many things are a means to an end in one's daily existence. And that's not a very powerful way to live when almost everything you do in your daily existence is a means to some end because you have to do this and this.

So bring in presence where, instead of treating whatever you do as a means to an end, as much as possible, make it into an end in itself. For example, when you're driving from here to there, be absolutely present every moment. Look around.

Be alert as if you were seeing things for the first time. The trees, the people, the traffic. And you do that by not labeling things.

Not labeling mentally what you're experiencing. Be there as a conscious presence when you're doing shopping at the supermarket. Perceiving without naming is what you call it.

Perceiving without naming. Be there with every step. Look at the things around you.

What do I need to get? Be conscious of every movement of everything around you so that it's not an everyday thing. It's that everything that you do is happening just now.

It's not a repetition.

[Speaker 2] (1:49:47 - 1:50:49)

And I promise you, if you start to do this in your everyday life, what he says on page 252, as much as possible in everyday life, use awareness of the inner body to start to create space. When waiting, when listening to someone, when pausing to look at the sky, all on page 252, a tree, a flower, your partner or child, feel the aliveness within at the same time. This means part of your attention or consciousness remains formless and the rest is available for the outer world to form.

Whenever you inhabit your body in this way, it serves as an anchor for staying present in the now, prevents you from losing yourself in thinking, in emotions or in external situations. When you really get that, what he's saying on page 252, Natalie, everything around you takes on a magical quality. I can really testify to that.

That just doing routine things becomes almost like you have wow moments doing the smallest things, you know, washing the...

[Speaker 11] (1:50:50 - 1:51:08)

I've been feeling that at the moment because we've been seeing so many amazing things and meeting so many different people and being in places where they speak different languages. But I know at home, what I do is when I'm doing something, I'm thinking about the next thing that I'm going to be doing. So I really need to, I can really take that on.

Thank you so much.

[Speaker 2] (1:51:08 - 1:51:43)

What I would like to say to you and everybody else, when you start to put this into practice, and I've been doing it myself during the past eight weeks, when you start to actually put it into practice, everything is amazing. Everything starts to be amazing. The fact that you're breathing in and out of your lungs starts to be amazing.

That's what the now does. It brings you into a level of consciousness and presence. So just being is amazing and you don't have to leave home to experience that.

Isn't that the, that's the key, isn't it?

[Speaker 1] (1:51:43 - 1:51:44)

Yes, that's the key. Yes.

[Speaker 2] (1:51:45 - 1:51:50)

What is on the backboard? I thought I saw my name there when there was a wide shot there. Does that say Oprah?

[Speaker 11] (1:51:51 - 1:51:58)

That's from my Georgie. She's asleep because it's about 3 a.m. But she wanted to say hi. So that's her.

Hi, Oprah.

[Speaker 2] (1:51:59 - 1:52:27)

Hi, Georgie. Thank you. Thank you very much, Natalie.

But that's, thank you. What Natalie was talking about is the whole point of awakening to your life's purpose. And next week, we're going to be talking about inner purpose.

Yes. Which is what I was trying to say to Nick, maybe too stridently. That's happened a couple of times where I'm like saying to Gail, Gail will say, I don't understand.

I'll go, well, the reason is.

[Speaker 1] (1:52:28 - 1:52:33)

Well, Nick represents about 50 million other people who are the same.

[Speaker 2] (1:52:34 - 1:53:14)

That's right. Who are feeling that, well, listen, I got to make money. I got to make money.

But what we're going to be talking about next week, Nick, is when you align the inner purpose and let the inner purpose determine what your outer actions are, then you're not worried. That's right. You never worry.

Yes. No matter how much money you're making. Yes.

You're not worried because you're on purpose with your life. You're on purpose with your life. Yeah, well, you know, I think a lot of people feel like this is all kind of, sometimes they feel like this is ooey gooey stuff.

And yes, and I'll get spiritual. But let me make some money first. Yeah, I want to be spiritual and all that.

But I got to make some money first.

[Speaker 1] (1:53:14 - 1:53:34)

Yeah, that's actually in the New Testament, where he says, let me first do this. They invite you to the kingdom of heaven. That's right.

Let me first do this with another excuse. Let me first do this. First, I have to do this.

Yes. Then I'll be ready. Of course, it never happens.

The then never comes.

[Speaker 2] (1:53:35 - 1:53:50)

So there is Barbara in Shanghai, China, who writes, I find it really difficult to be the observer of a challenging work environment, especially when I'm frustrated with employees and have to discipline my staff. What are some of the practical steps I can take to overcome the situation?

[Speaker 1] (1:53:52 - 1:55:07)

Well, there you use whatever the practical things that are described in the book. Conscious, one or two conscious breaths as often as possible. Getting in touch with the feeling of the inner body, the aliveness of the inner body while you are listening to people, especially.

Then already a different energy is there. You are listening from a different state of consciousness when you are in touch with the inner body while you listen. And a lot of thing, a person who is running an office or whatever our questioner does, they probably have to deal with many people every day, which involves listening to people in addition to, of course, speaking to people.

So be there as the, feel the aliveness within as you listen. As much as possible, take conscious breaths while you are engaged in things. That's right.

Bringing spaces, little spaces into your daily existence. Gaps. Little gaps.

That is more important than doing, it's wonderful to do a meditation at the end of the day, but bringing little gaps into your everyday activities is even more important.

[Speaker 2] (1:55:08 - 1:56:21)

I love what you talk about on page 232 and 233. You tell people to avoid watching television programs and commercials that assault you with a rapid succession of images that change every two or three seconds. Rather than watching at random, choose the programs you want to see whenever you remember to do so.

Feel the aliveness also inside your body as you watch. Alternatively, be aware of your breathing from time to time. Looking away from the screen at regular intervals so that it doesn't completely take possession of your visual sense.

We just did a show the other day, and this mom, it was a show about giving up what you could, what you'd be willing to live without. And this family was going to give up their computers, or they did give up their computers and their televisions for a week. And their little five-year-old boy was crying because he had to give up the computer.

His mom walked in the room, stood behind him, was behind him, called his name, and he still couldn't, he couldn't hear her because he was so mesmerized by the video game he was playing. What are we doing to ourselves and more importantly to our children through the video games, the television, which is a form of like hypnosis almost.

[Speaker 1] (1:56:21 - 1:56:52)

Yes. For people. Yes.

And it pulls your attention out of the body. It's like a leaking, an energy leakage, when especially for young children, when the energy gets drawn out very easily. And so it's

continuous energy leakage and they cannot focus on, because of the rapidly changing images on TV screens in many programs, the ability to have a prolonged focus on something is greatly diminished.

[Speaker 2] (1:56:52 - 1:56:59)

Well, I thought that that's why we have so many children with ADD because they've grown up in a world where they can only, there's 30 seconds, 30 seconds and 30 seconds.

[Speaker 1] (1:56:59 - 1:57:43)

Yes. That means the quality of your life is also diminished because the quality of your life very much depends on the degree of your attention. Attention is quality.

So if you cannot give attention to anything for very long, that diminishes the quality of your life and what you can do. So parents need to be careful with their children. I'm not saying remove all these things immediately from your children because they are addictive, but very gently don't reduce the amount of time they spend with video games and reduce gently the amount of time they spend watching television.

[Speaker 2] (1:57:44 - 1:57:59)

Because they cause you, as you say, so when watching television, the tendency is for you to fall below thought, not rise above it. Television has this in common with alcohol and certain other drugs. While it provides some relief from your mind, you again pay a high price, loss of consciousness.

[Speaker 1] (1:57:59 - 1:58:23)

Yes. And here we have... That's what it's designed to do, isn't it?

For the most part. Yes, it's, here we have... Our show, though, is designed to make you more conscious.

I will have to say that. I know that. When I wrote there somewhere, there are some television shows that have been helpful to many people and have raised people's consciousness.

It says that somewhere in the book. It does. I saw you in my mental, in my mind.

[Speaker 2] (1:58:23 - 1:58:38)

Thank you. You could have just said, oh, the Oprah show. I saw you wrote that there are some television shows.

You could have just put in parentheses, the Oprah show, for example. Yes. Yeah, but for

the most part, television is designed to numb us out.

[Speaker 1] (1:58:38 - 1:59:15)

Yes. And here we have the interesting concept of rising above thinking and falling below thinking. So what we are engaged in here...

Now, most people are at the thinking level. They are controlled by their mind. They are identified with their mind.

This work that we are doing here, if you can call it work, it's not work really, is rising above thinking. Being present means you have risen above thinking. You are fully conscious, but there's little or no thought activity.

[Speaker 2] (1:59:15 - 1:59:33)

Can you tell me why you say on page 233, make sure you don't go to sleep immediately after switching off the set, or even worse, fall asleep with the set still on? I know my friend Gail sometimes is watching TV, and she goes, I don't know if I was watching or my feet were watching, because she goes to sleep with the TV on.

[Speaker 1] (1:59:34 - 2:00:11)

So then all the turmoil that you've just been watching and you've just spent a significant amount of time below thought in a state of unawareness and unconsciousness, and if you go from... That will affect the quality of your sleep, and you will notice also when you wake up in the morning, you won't be as refreshed. It's vital to go into sleep from a place of consciousness rather than unconsciousness.

Then the quality of your sleep will be much better, and you will wake up feeling renewed.

[Speaker 2] (2:00:11 - 2:00:19)

I noticed that. See, I don't watch television before going to bed. I hardly watch television at all, but I noticed that if I meditate before going to sleep, I have a better sleep.

[Speaker 1] (2:00:20 - 2:01:10)

Yes, and what I recommend to people is, as they lie in bed, ready to go to sleep, lie on your back, flat on your back, and bring attention, scan your body with your attention, from your feet to your head, your hands, your arms, and then feel the internal aliveness of the body as you lie there. You lie in the energy field of your body. That means there's also very little or no thinking going on because the attention moves into the body, and from there you go to sleep.

Hold that for five, ten minutes. It's a very pleasant way of saying goodbye to that day

and of going into sleep. It feels very much alive.

It's joyful, actually, to lie there in that energy field.

[Speaker 2] (2:01:10 - 2:01:17)

And that energy field that you're talking about is exactly what this whole chapter is about, is the energy field of inner space. Yes.

[Speaker 1] (2:01:17 - 2:01:49)

Go inside the body and allow yourself to be the observer of the body. Yes, and then you connect with the energy. You merge the energy field, and of course the body is mostly empty space, 99.999% empty space. Physicists tell us the space between the molecules, the atoms that make up the body, the spaces in between the atoms is so vast that your body is 99.999% empty space.

[Speaker 2] (2:01:52 - 2:02:28)

That's a lot for my brain to take in right now. But I do want to thank you for joining us. This eighth class will be available on demand tomorrow for free here at Oprah.com.

And if you want to download or watch any of our classes, you can do that tomorrow also at Oprah.com and iTunes. It's free because of the generous support of nature-made soft gel vitamins. This week, you can update your workbook, get ready for our next class, Chapter 9.

We're coming to the end. Your inner purpose, your inner purpose, for all of you who've read this book looking for your inner purpose, this is what it's all about, people. Thank you.

[Speaker 1] (2:02:28 - 2:02:28)

Thank you.

[Speaker 2] (2:02:28 - 2:02:42)

For bringing us into inner space. Next week is inner purpose. And as I was saying to Nick earlier, inner purpose, when it defines what you do in the world, puts you in alignment and all things come.

[Speaker 1] (2:02:42 - 2:02:42)

Yes.

[Speaker 2] (2:02:42 - 2:02:43)

As they should.

[Speaker 1] (2:02:43 - 2:02:46)

And then there comes the alignment of inner purpose and outer purpose.

[Speaker 2] (2:02:47 - 2:03:52)

Ah, that's it. Thanks, everybody. Good night.

Let's do our high five. We almost didn't do it last week and people complained. Bye, everybody.

Okay. Hi, everybody. Welcome to class number nine of our New Earth web series.

We're here with author Eckhart Tolle, number nine. We're counting down. We're down to the last two chapters of our book.

And it is my most sincere hope that all of our classes so far have been leading you to find more purpose and joy in your own lives. And tonight's class, tonight's lesson is really about bringing clarity to finding your inner purpose. And so I think this is my most exciting chapter of all.

I know I say that every chapter. I didn't say that last chapter and I'll tell you why in a few moments, but before we begin the class, I'm going to let you lead us in our moment of silence or moment of silence today.

[Speaker 1] (2:03:53 - 2:05:35)

Good. So we're already familiar with the silence that we start with. And this time I'd like to use a very short, very powerful line from the Old Testament.

And I believe that this will be especially helpful for those Christians who are not quite comfortable with silence and somehow feel that silence is not compatible with Christianity or Christian teachings, which is not the case at all. Perhaps it has been overlooked in the past couple of centuries in Christianity, but it is certainly compatible. And so this is one of my favorite lines from the Old Testament.

And that can take us very powerfully into stillness. And this line is, Be still and know that I am God. Meaning God is found precisely in that inner stillness, through the realm of inner stillness, that you can reach what we call God, but which nobody can understand through the mind.

It's the mystery, the mystery, which you cannot really explain or name, which we call God, is the depth of that. We touch that when we go into stillness. So these beautiful lines point to that inner experience.

So I'll say it again. And when I've said it, we just become still for a moment. Be still and know that I am God.

[Speaker 2] (2:06:29 - 2:07:54)

I love that. That's one of my favorite Bible passages. That and lead me to the rock that is higher than I.

Well, today, tonight, we're discussing chapter nine, your inner purpose. Finding your purpose is what I believe we're all put on the planet to do. So many people spend their lives, you know, trying to figure out what job, what job to do, what to do, what to do, what to do.

I think when you figure out what your purpose is and you align the outer purpose with the inner purpose, then the job really doesn't matter. Right. That's the essence of what you're saying in this chapter.

Let us begin. Page 257. As soon as you rise above mere survival, the question of meaning and purpose becomes a paramount importance in your life.

Many people feel caught up in the routines of daily living, you say, that seem to deprive their life of significance. Some believe life is passing them by or has passed them by already. Others feel severely restricted by the demands of their job and supporting a family.

Some are consumed by stress, lost in frantic doing. Many people long for the freedom and expansion that prosperity promises. Others already enjoy the freedom that comes with prosperity and discover that even that's not enough to endow their lives with true meaning.

There is no substitute for finding true purpose. So how do we do it?

[Speaker 1] (2:07:56 - 2:10:34)

Now, what you just read basically, of course, means that many people spend their lives in a state of almost permanent dissatisfaction. Right. Unfortunately.

So they are maybe looking for some purpose or they may have given up hope that there is some purpose for them and they're just surviving or making a living. Or caught up in the doing. Caught up in the doing, in the stress of it.

Right. And so usually when we talk about purpose, when people talk about purpose, they think of purpose in terms of future. Where am I going?

What am I supposed to do? What's the direction I'm going? What is my goal?

The goal that I want to achieve. And that, of course, is there. It has its place.

But I call that the outer purpose. More fundamental than the outer purpose is what most people usually overlook. And that is the realization that what matters most is finding your inner purpose.

Now, to most people, that initially doesn't mean anything. Inner purpose. And this is why I explain it briefly in the dialogue that is there in that chapter where somebody asks about, I want to know what my purpose is.

And I tell that person, your purpose is to be here at this moment and asking that question. Because this is where you are. So inner purpose is aligning your life fully with the present moment.

So that you are no longer out of alignment with the present moment, which leads to the state of dissatisfaction that we talked about, that is the reality for many people. So you have to go, first of all, beyond the state of dissatisfaction that is so many people's reality. Right.

But you cannot go beyond the state of dissatisfaction through some future goal that says, one day I would like to be in a state of fulfillment or satisfaction. No. You have to enter the state of fulfillment and satisfaction by becoming one internally with the present moment.

And your purpose then, your inner purpose, is that alignment with where you are right now. To be totally where you are and whatever you are doing, even if it doesn't look like the life purpose that you want for the next 30 years, whatever you are doing now, to be total in doing it. And no matter what it is, to be true to life by being true to this moment.

[Speaker 2] (2:10:35 - 2:11:50)

Yeah. As you say on page 271, there is always only this one step. And so you give it your fullest attention.

This doesn't mean that you don't know where you're going. It just means that the step that you're taking right now is primary. The destination is secondary.

And what you encounter at your destination once you get there depends on the quality of this one step. I love this so much because I discovered this when I was in the third grade. I couldn't articulate it this way in the third grade.

When I was in the third grade, I turned in a book report early in Ms. Driver's class. And the reaction that I got from my third grade teacher taught me or informed me that when you do your best, when you do your best in any given moment, that is well received. Because my third grade teacher told all the other teachers in the teacher's lounge, and I

became known as this kid who really loved to read.

And that's why we're sitting here today because of that. But I learned in the third grade, this whole process of whatever you're doing in any given moment, if you do it your best, it leads you to the next best moment. So you don't have to worry about what's the next moment coming if you only do your best in this moment.

[Speaker 1] (2:11:50 - 2:12:14)

That's right. Because when the next moment comes, it comes as this moment. Right.

The future, you never experience the future as the future. You experience the future when it comes as the now. Because that's all there is.

It's all there ever is. And that's an amazing realization for people to realize life is always just this. It's always the now.

[Speaker 2] (2:12:14 - 2:12:26)

Yeah. It's interesting because last week we had Nick from the Bodhi Tree. And you said when Nick was up talking about he had to, well, you have to worry about your bills.

And you said, well, you don't have to worry about it.

[Speaker 1] (2:12:26 - 2:12:28)

You have to pay your bills. You have to pay your bills.

[Speaker 2] (2:12:28 - 2:12:44)

But you don't have to worry about paying your bills. I don't know about the rest of you, but that lesson has sort of been with me all week. So anytime I'd find myself, you know, in the mind worrying about something, I don't have to worry about this.

I can either figure out what to do about it or release that thought.

[Speaker 1] (2:12:44 - 2:13:01)

Yes. Yeah. Yes.

So if the bill is here, but the money is not there right now, I can't do anything, put it aside. And then see what action can I take now. And then you do whatever action you can take now.

Yeah. If you can't take any action, then you just be with it. Yeah.

Right.

[Speaker 2] (2:13:01 - 2:13:23)

But I love that when I read that there is always only this one step. And so you give this one step your fullest attention. That's in the middle of page 271, everybody.

And this doesn't mean you don't know where you're going. It just means that this step is primary and the destination is secondary. And what happens is most people are living their lives as though the destination, the end.

[Speaker 1] (2:13:23 - 2:13:23)

Yes.

[Speaker 2] (2:13:24 - 2:13:25)

The end is what it's all about. Yes.

[Speaker 1] (2:13:25 - 2:13:50)

As if the end were more important than the means. And so the means and the end, however, are one. Right.

So if there's dissatisfaction and a denial of the present moment, which is a denial of life. Right. You're not honoring life if you don't honor this moment by being open to this moment, then that is how you will experience the future because the future is no more than an extension of now.

Right.

[Speaker 2] (2:13:51 - 2:14:47)

You also say on page 271, the unconscious assumption behind all such action is that success is a future event and that the end justifies the means. But the end and the means are one. You say that.

Let's say you're a business person after two years of intense stress and strain. You finally managed to come out with a product or service that sells well and makes money. Success in conventional terms, yes.

But in reality, you spent two years polluting your body as well as the earth with negative energy. You made everybody crazy. Don't say that.

You made everybody and everybody around you crazy and affected others you didn't even know. The unconscious assumption behind all of this action is that success is a future event and that the end justifies the means. But the end and the means are one.

And if the means did not contribute to human happiness, neither will the end. So

whatever the end result is, it's going to carry the energy of what it took to get there.

[Speaker 1] (2:14:50 - 2:15:04)

That's exciting. Yes. And that means you actually, you determine what kind of future you're going to experience by deciding to be totally aligned with the present moment.

That's right.

[Speaker 2] (2:15:04 - 2:15:52)

It's your state of consciousness now that will determine whatever is manifested in the future. And when that happens, that'll just be now. I got that.

I got that very much. Okay. So let's continue with this lesson before we go to Ivy a little bit.

You say the true or primary purpose of your life cannot be found on the outer level. To me, that's the essence of what this book is all about. Everybody who's searching and waiting for answers and looking for it on the outer level, it does not concern what you do, but what you are.

That is to say your state of consciousness. So the most important thing to realize is this, your life has an inner purpose and an outer purpose. Inner purpose concerns being and is primary.

Outer purpose concerns doing and is secondary. You want to elaborate on that?

[Speaker 1] (2:15:54 - 2:16:38)

So once you realize that the primary purpose of your life is the inner and this is what becomes the main purpose, then the secondary purpose, the outer purpose, falls into place. By being true to life and being true to now, life will bring to you whatever is most appropriate as far as your inner purpose is concerned. Life will become helpful.

Suddenly, sometimes the helpful idea comes from within, a sudden realization, oh, this is what I want to do. This is what I have to do. But the realization only came because you were aligned with the present moment.

[Speaker 2] (2:16:38 - 2:16:46)

So let's say this, everybody, everybody who is born is alive and breathing, has an inner purpose.

[Speaker 1] (2:16:46 - 2:17:25)

Yes, the inner purpose is the same for all of humanity, which is being aligned with life,

saying yes to life by saying yes to now, aligned with the power of the present moment, which is the power of life. That's everybody's purpose. Then the outer purpose varies from person to person.

How that translates into what you do varies from person to person. And even in one lifetime, it can vary. You may have a certain outer purpose for 10 or 20 years of your life and suddenly it changes completely.

So that varies and is subject to time. It doesn't necessarily last your whole lifetime.

[Speaker 2] (2:17:26 - 2:17:49)

OPRAH WINFREY You say finding and living in alignment with the inner purpose is the foundation of fulfilling your outer purpose. It's the basis for true success. Without that alignment, you can still achieve certain things through effort, through struggle, to determination, and sheer hard work or cunning.

But there is no joy in such endeavor, and in such endeavor, and it invariably ends in some form of suffering.

[Speaker 1] (2:17:49 - 2:18:03)

DERK DE ROOT Yes. That is, you're struggling to make it. You're struggling and fighting.

And basically, you're making, you're fighting against life or the world. Me against the universe is what the ego, how the ego sees it.

[Speaker 2] (2:18:03 - 2:18:26)

And isn't it sort of like swimming upstream? I always compare it to swimming upstream when you're like going against the grain of your life. There's a flow to all of our lives.

And if you are suffering, if you are in pain, if you can't figure out what it is you're supposed to do, if you're worried, worried, worried all the time, it is because you're going against the flow or the grain of your life.

[Speaker 1] (2:18:26 - 2:18:26)

DERK DE ROOT Yes.

[Speaker 2] (2:18:26 - 2:18:28)

OPRAH WINFREY Means you're going against inner purpose.

[Speaker 1] (2:18:29 - 2:18:29)

DERK DE ROOT Yes.

[Speaker 2] (2:18:29 - 2:18:33)

OPRAH WINFREY That when you align with inner purpose, everything flows. DERK DE ROOT Yes.

[Speaker 1] (2:18:34 - 2:18:58)

DERK DE ROOT And any negative state, whenever negativity arises, and you dwell in negative inner states, then you're not going with the flow of life. You're against the flow of life. OPRAH WINFREY Yeah.

DERK DE ROOT And then you experience life as not helpful. You experience life as even as hostile because you are in a state of inner denial. You're in a state of negativity.

You're not open to life.

[Speaker 2] (2:18:59 - 2:19:35)

OPRAH WINFREY Okay. I got that. I really got that.

I really got that. Another friend of mine, a teacher who wrote a book called Seat of the Soul, Gary Zukov calls it, says when the personality or ego comes to serve the energy of the soul or consciousness, we've been calling that, when the personality comes to serve the energy of the soul, that is authentic empowerment. I take that to mean from Seat of the Soul that when you align your personality or use your personality to serve the inner purpose, to serve the soul or the consciousness, then you are your most powerful.

[Speaker 1] (2:19:35 - 2:19:50)

DERK DE ROOT Yes. OPRAH WINFREY In the world. DERK DE ROOT Yes.

OPRAH WINFREY Yeah. DERK DE ROOT And then you're not run by the mind anymore because the mind becomes the servant of what I sometimes call awareness or presence. OPRAH WINFREY Mm-hmm.

DERK DE ROOT The mind then serves something greater than itself, which is the consciousness.

[Speaker 2] (2:19:50 - 2:20:19)

OPRAH WINFREY You say on page 259, instead of being lost in your thinking, when you are awake or aware, you recognize yourself as the awareness behind it. Thinking then ceases to be a self-serving, autonomous activity that takes possession of you and runs your life. Awareness takes over from thinking.

And instead of being in charge of your life, love this everybody, instead of being in charge of your life, thinking becomes the servant of awareness.

[Speaker 1] (2:20:19 - 2:20:28)

DERK DE ROOT Yes. And then the mind is quite helpful. So the mind can be used for many wonderful things.

OPRAH WINFREY Right. DERK DE ROOT When it no longer controls you.

[Speaker 2] (2:20:28 - 2:20:53)

OPRAH WINFREY I got it. So in essence, our goal on Earth as human beings, these spiritual beings in the body, higher consciousness inside this flesh-filled, membranous, whatever, body, our goal is to allow the light of inner purpose or consciousness to come through everything that we do.

[Speaker 1] (2:20:53 - 2:21:23)

This is why we're here. And that is then also the entire universe is, the purpose of the universe, one could say, is the flowering of consciousness. OPRAH WINFREY Right.

DERK DE ROOT It moves towards more and more consciousness. OPRAH WINFREY Okay. DERK DE ROOT So we then become bringers of that, which is why we are here.

So then the consciousness, you could call it the light, the light of the source, the light of God comes through the human form. OPRAH WINFREY That's right.

[Speaker 2] (2:21:23 - 2:21:39)

And so when you allow the light of God, the light of consciousness to come through you, and it is allowed to fuel whatever it is you do, whatever it is you do will be fueled with a spiritual power that will allow you to be the best at what you do.

[Speaker 1] (2:21:40 - 2:21:59)

DERK DE ROOT Yes. And then that also means that what you do is not of primary importance, but how you do what you do is what matters, how you do it. And you could be doing something that the world would regard as relatively insignificant and yet make an enormous difference to the consciousness on the planet.

[Speaker 2] (2:22:00 - 2:22:08)

OPRAH WINFREY Ivy is Skyping us from her living room in Richmond, Virginia. Hi, Ivy. I hear you have a question about one of my favorite quotes.

Go ahead. What is the question?

[Speaker 9] (2:22:09 - 2:23:16)

IVY CHEN Well, my question deals with trying to find a career path that merges your inner purpose with outer purpose. And on the top of page 274, you say, Eckhart says, there may be a period of insecurity and uncertainty. And he goes on to say that if you're able to live with uncertainty, even enjoy it, you become comfortable with uncertainty.

Infinite possibilities open up in your life. And my question is this. I'm 26 years old.

And in the past few months, I've tried to find a career path that merges my inner purpose with my outer purpose and haven't really been able to do so. I began to think a lot about my life's purpose and question whether or not I would ever find a career that merged my life's work with something I was passionate about. So my question really is twofold.

The first is, how should I approach finding a career that is fulfilling but doesn't strengthen my ego? And secondly, and perhaps the more pressing question for me is, how do I do this while also becoming comfortable and embracing the uncertainty that's defining my life right now?

[Speaker 1] (2:23:18 - 2:23:42)

Good question. Yes. So to what extent have you become successful in embracing and accepting at this time of your life that you don't know yet what your purpose is?

To what extent are you able to say, well, can I become comfortable with not knowing? Have you been able to do that?

[Speaker 9] (2:23:42 - 2:23:51)

I, there are periods where I've been able to, but mostly it's just a lot of thinking and feeling very uncomfortable about not knowing.

[Speaker 1] (2:23:51 - 2:25:58)

Yes. And often the uncomfortableness are certain thoughts that go through your mind that tell you that it's not okay to be in this state. And then you have certain emotions which are the body's reaction to those thoughts.

So when these thoughts arise, they tell you it's not okay. The way you are right now is not okay. Realize that these are thoughts that arise in your mind, conditioned by the surrounding culture and so on.

And you don't necessarily need to believe in each thought that comes and tells you it's not okay not to know what to do. Life is an adventure. It's not a package tour.

When you travel, you can take a package tour and everything is already planned. There's no uncertainty. And every year you go to a nice hotel in a more exotic country,

but you won't even know it's exotic because your hotel room is the same as every other hotel room.

You're totally sheltered, but everything is planned. You know beforehand where you're going to be in 10 days time exactly. That's not an adventure.

And it's unlikely that you are going to evolve internally through a trip like that. But if you went into a true trip into some exotic country, thrown back on your own resources, then you would encounter true adventure. And you would probably not be the same person when you come back.

Why not? Because we are constantly faced with uncertainty. And if you're able to accept that, you can actually enjoy the adventure.

If you cannot accept it, I'm giving this analogy of a trip because life is a journey. Yes. And so the person who cannot enjoy the uncertainty when adventure comes is going to be in a continuous state of negativity, of fear.

I don't want to be here. I'd rather be at home. So realize that life is an adventure.

And part of the adventure of life is being in that state that you are in now. If everything were already clear to you now, everything were already mapped out, there would be no evolution of yourself as a human being.

[Speaker 2] (2:25:58 - 2:26:06)

And may I say, Ivy, that is part of what being 26 is all about. That is what 26 is. You're trying to figure it out.

[Speaker 1] (2:26:07 - 2:26:41)

That is what the 20s are for. And another very helpful thing to remember is one of the most wonderful things in your period of life is to make mistakes. Yeah.

Because mistakes means you realize, oh, that wasn't my purpose. Yes. And so you're a little bit closer to your true purpose.

And then perhaps you think, oh, maybe that is my purpose. And then after a while you realize, no, that's not. And it's very helpful to make mistakes because gradually you begin to realize what it is that is right for you.

[Speaker 2] (2:26:42 - 2:27:52)

And many times, as Eckhart says in this chapter, Ivy, and you will find in your 20s, the 20s are about figuring out where you want to be. And there's this frustration. That's why they call that show *The Young and the Restless* because there's a restlessness about it.

And I know that because I've kept journals since I was 15. In my 20s, I'm just restless, restless, restless. And when I was your age, 26, I was an anchorwoman in television doing the evening news.

I hated it every single day. And what I now realize, and even then, my displeasure with being in that place every day was really informing me what I needed to do. What I needed to do was to get out of that space.

And many times being in a space that you can clearly identify as, this is, I do not want to do this. I want to be in television, I knew, but I do not want to do this. And, you know, and I had my father and everybody around saying, you're going to give up that job in television?

I knew I could not do that. News felt exploitive to me. So many times, if you're in a position where you know what you don't want to do, isn't that also helpful, Eckhart?

[Speaker 1] (2:27:52 - 2:28:10)

Oh, yes, yes. For a while, I thought my life purpose was to be an academic at university. And then the realization, after years of spending time working hard to become a professor, I realized that's not my life purpose at all.

But I had to go through that.

[Speaker 2] (2:28:10 - 2:28:13)

Didn't you give up a promising career as an academic?

[Speaker 1] (2:28:13 - 2:29:38)

Yes, I gave up the PhD. I gave up the promising career. And my relatives, my mother thought I was insane to give that up.

But I knew this is what I had to do. It was so clear. There was no doubt about it anymore.

For a little while, there was doubt. And then the realization was so strong, I had to walk out of there. And that led to a period of uncertainty.

For a few years, I didn't know what am I supposed to do with my life? Here I am. I was just barely managing to survive.

And gradually, I lived, but I was not unhappy. I was happy with the present moment then already. And then gradually, something evolved.

People started asking me questions. People that I met casually in parks. And gradually, a kind of spiritual teaching started to happen.

And after a little while, when somebody called me for the first time, oh, you are a spiritual teacher. I said, oh, that's what I am. And so the purpose came by itself.

It came just out of that state of just being with what is and not being unhappy with not knowing. Being at ease with not knowing. Then it's much more likely to come to you when you are at ease with not knowing.

So the question that you can ask yourself, can I be at ease with not knowing?

[Speaker 2] (2:29:38 - 2:30:01)

Because what you say on 274 that Ivy had mentioned earlier, you become comfortable with uncertainty. Infinite possibilities open up in your life. And it means when you become comfortable with uncertainty, it means fear is no longer a dominant factor in what you do and no longer prevents you from taking action to initiate change.

That's the big thing.

[Speaker 1] (2:30:01 - 2:30:01)

Yes.

[Speaker 2] (2:30:02 - 2:30:10)

Because as long as you are afraid, you cannot allow the energy of what is supposed to happen to come into your life, as long as you're afraid, right?

[Speaker 1] (2:30:10 - 2:30:38)

The fear blocks that. Yes. So be alert and watch your mind to see what kind of thoughts it produces.

Feel also there may be the emotion of fear, as Oprah says, arising occasionally, associated with a thought. Like what's going to happen to me? Yes.

Because the mind wants to know what the future is going to bring. But how dread life would be, how dreadfully boring it would be if you knew already what's going to happen.

[Speaker 2] (2:30:38 - 2:31:06)

Well, part of that is because, too, people get afraid because of, again, what Nick said. Nick is our spiritual teacher this week. Because of what Nick said last week about worrying about your bills, because you're living outside yourself, you're creating more debt, creating more debt, creating more debt, allowing yourself to operate from the thinking mind.

Yes. At the time that you made these decisions for yourself, you were living on, in

practically, you said, at the poverty level.

[Speaker 1] (2:31:07 - 2:31:23)

Yes. So... Yes.

And so you survive somehow, you make it. One more question before you go. Is there anything in your life that you truly enjoy?

Are there certain things that you enjoy doing that may not be necessarily associated in your mind with career?

[Speaker 9] (2:31:26 - 2:31:30)

Not really. That I can think of. Nothing I can think of.

[Speaker 1] (2:31:30 - 2:31:37)

Okay, then what's left is for you to enjoy the present moment and make that your spiritual practice. Yeah.

[Speaker 2] (2:31:38 - 2:31:48)

But I thought you were saying earlier, Ivy, about trying to align your passion, what you love, and getting paid for it. Isn't that what you were talking about earlier?

[Speaker 9] (2:31:48 - 2:31:58)

Well, something I was passionate about. To align something. To align what I'm passionate about once I figure that out.

I don't really know what that is right now.

[Speaker 2] (2:31:59 - 2:32:56)

Yeah. Well, I will... To reiterate something that Eckhart was saying last week, it doesn't come out of your head.

For everybody who's looking for that answer, for the purpose of your life, or what should I be doing, it does not come from your head. It's not something that you're ever going to think up. You don't think it.

It comes from that space that we opened tonight's session with, being still and knowing that I am God. Being still and allowing the presence of a universal energy, the presence of consciousness to come through you in such a way that it's a feeling. It is a feeling.

It is not something you're going to think up. How to do it. And you will just...

You will start to feel that I feel better doing this thing than I feel doing the other thing. It's a feeling that comes to you, not something that comes in your head.

[Speaker 1] (2:32:56 - 2:33:15)

That's right, yes. And you need to be careful that you are not in a state of dissatisfaction because when you're in dissatisfaction, the answer is not likely to come, neither from within nor from without. So keep your inner space clear, aligned with now, so that no negativity arises.

[Speaker 2] (2:33:15 - 2:33:49)

And then may I add also for you and everybody else who's trying to get this whole idea of purpose, some clarity about that. When you allow yourself to be still with it, you're not afraid of the uncertainty. The universe rises up to meet you.

The world... Eckhart says in here, I can't remember what page in this chapter, but he talks about how coincidences happen, you know, little things and big things happen. So you then have to be alert and paying attention to your life so when the opening shows itself, you're ready.

[Speaker 1] (2:33:50 - 2:34:13)

Yeah. And that's much more likely to come when you're in a state of clarity, aligned with now, then the answer can come from within or the answer can come from without. Right.

As some chance encounter, something you see in the paper, or something you can't even think where it might come from. It's a synchronistic event, a coincidence. It shows itself.

Yes.

[Speaker 2] (2:34:13 - 2:34:36)

That's right. In ways that you hadn't seen before. Thank you, Ivy from Richmond, Virginia.

Thank you so much. So you say on 261, while you're perhaps still waiting for something significant to happen to your life, you may not realize that the most significant thing that can happen to a human being has already happened within you. The beginning of the separation process of thinking and awareness.

[Speaker 1] (2:34:36 - 2:35:03)

Which is the awakening, which is another way of explaining what the term awakening means. That before your awareness or your consciousness was totally identified with

thought processes, with thinking. But now, and this is the case for everybody who reads this book and finds it meaningful.

Right. It means if you are reading this book and you find it meaningful, something within your response, it means you have already begun to awaken.

[Speaker 17] (2:35:04 - 2:35:04)

Yeah.

[Speaker 1] (2:35:04 - 2:35:09)

If you haven't, the book will be meaningless. Got it.

[Speaker 2] (2:35:09 - 2:35:48)

You say as long as you are unaware of being on 263, you will seek meaning only within dimension of doing, the dimension of doing and the future. That is to say the dimension of time. Whatever meaning or fulfillment you find will dissolve.

Invariably, it will be destroyed by time and meaning we find on that level is true only relatively and temporary. So you're saying looking outside yourself, you're not going to find the meaning. That's right.

So let's go to the Beaudetrie Bookstore in West Hollywood. Is Nick there tonight? Well, Nick, step on up to the microphone.

You're back. So glad to see you.

[Speaker 4] (2:35:49 - 2:35:50)

Good to be here.

[Speaker 2] (2:35:50 - 2:35:52)

Okay. You have a question tonight?

[Speaker 4] (2:35:54 - 2:36:40)

I do. And actually my question kind of relies on a premise that's not exactly stated in the book. But the premise is God is love.

And if God is love and you love what you're doing as far as a career, then does God then sanction that career? And is it then meant to be? Is it right?

If let's say if you don't go to church, but if you enjoy doing something like reading and if you're reading constantly and you get a more spiritual feeling from reading than ever walking into a church, then isn't that right? Isn't that an alignment with or is love not

anything that matters in a career choice?

[Speaker 1] (2:36:41 - 2:39:23)

Well, good question. Now, love, of course, is used in a very loose sense. It means so many different things to different people.

And the expression, I love this or that, or I love doing this or that is used casually by people, often meaning totally different things. For example, if somebody is obsessed with what they do in an ego way, totally focused, but in a negative way to a large extent, totally obsessed with what they are doing. And an outside observer might say, oh, he loves what he's doing.

He loves it so much that he gets up at five every morning and doesn't leave the office until 10 at night. But he's totally obsessed with what he's doing. And there's no love in it.

It's an obsession. But because love is used in such a loose way, sometimes we call that love. So when you actually love what you are doing, it's a totally different energy field that moves into what you are doing.

It means you are aligned completely with what you do. And then, yes, then you do bring a different consciousness. You bring the unconditioned consciousness into this world through whatever you do.

And it might be a doing or it may just be being somewhere. You mention a church. You can find God in many places.

Any place is holy. And the present moment, when you only pay attention to it completely, then you realize actually it's sacred. The present moment is sacred.

And you really bring attention to it. And then it doesn't matter where you are. You can be in a building.

You can be out in nature. You can be in the middle of a traffic. And you really bring your attention to this moment.

And you realize there is a sacredness here. You may be able to feel it more deeply when you're out in nature than in the middle of LA freeway. But even there, it can be sensed if you are present enough.

And there, that's love. There, love arises. And if you're doing something, and you're totally in what you do, not obsessed, not wanting the future more than you want the present, but totally wanting the present, totally wanting what you are doing, then yes, then you love what you're doing.

That is true love. And anybody who embodies that energy is creating the new earth.

[Speaker 4] (2:39:23 - 2:39:25)

So that's correct then?

[Speaker 1] (2:39:25 - 2:39:25)

Yes.

[Speaker 4] (2:39:26 - 2:40:05)

There's a difference. I guess I'm thinking of Joseph Campbell where he talks about following your bliss. And he talks about how appetitive desires like eating and sex and drugs, things through the body, loves that come through the body are nothing compared to the love that comes from the spirit, which makes everything else pale in comparison.

And that is the bliss that Joseph Campbell talks about. Yes. And that's what I think you mean when you say that we are present and we're doing what we're supposed to do because we feel that feeling that makes everything else pale in comparison.

[Speaker 2] (2:40:06 - 2:40:41)

Yeah. Nick, that's what he's talking about at the bottom of 261. So while you're perhaps still waiting for something significant to happen in your life, you may not realize the most significant thing that can happen has already happened within you.

The beginning of the separation process of thinking and awareness. When you take yourself out of your head and take yourself out of the doing, doing, doing, doing, and allow yourself to connect with the consciousness or spirit or soul, whichever word you want to use for it, that is connected to all consciousness. The spirit that is connected to the greater spirit is what he's talking about.

[Speaker 1] (2:40:42 - 2:40:43)

And- You got it, Nick.

[Speaker 4] (2:40:44 - 2:40:47)

Thanks. It's a lot of hard work.

[Speaker 2] (2:40:48 - 2:40:53)

Nick, listen, I didn't worry this week because he's told you not to worry. Have you been worried about your bills this week?

[Speaker 1] (2:40:55 - 2:40:57)

No, he just- Yeah, a little bit.

[Speaker 2] (2:40:59 - 2:41:00)

Oh, wow.

[Speaker 1] (2:41:00 - 2:41:55)

Thanks, everybody. One more thing when- just to add to this, when the doing- when you're doing in that state of consciousness, that means whatever you do is not primarily a means to an end. Correct.

But an end in itself. Right. You know what you want to achieve through the doing, that's fine.

But the essence of the doing is in the doing, not the goal that you want to achieve through it. So often the question you can ask yourself is, is what I'm doing right now primarily a means to an end or am I total in what I do? And there's a different quality flows into what you do when it is not just a means to an end.

And that is doing in the state of presence and different energy flows into that.

[Speaker 2] (2:41:56 - 2:42:45)

I love that. We're at the bottom of 263. You say, for example, if caring for your children gives meaning to your life, because everybody's looking for meaning, what happens to the meaning when they don't need you anymore and perhaps don't even listen to you anymore?

If helping others gives meaning to your life, you depend on others being worse off than yourself so that your life can continue to be meaningful and you feel good about yourself. If the desire to excel, win or succeed, I'm at the top of page 264, everybody, at this or that activity provides you with meaning, what if you never win or your winning streak comes to an end? Making it in whatever field is only meaningful as long as there are thousands or millions of others who don't make it.

So you need other human beings to fail so that your life can have meaning. I was going to ask though, what if you're making it, you're aligned with your purpose?

[Speaker 1] (2:42:45 - 2:42:51)

Yes, now after that, it doesn't say that those things should not be pursued immediately after what you just read.

[Speaker 2] (2:42:51 - 2:43:07)

Yes, it says, I'm not saying here that helping others, caring for your children or striving for excellence and whatever field are not worthwhile things to do. For many people,

they're important. In the end though, you say it means you should connect them to your inner primary purpose so that a deeper meaning flows into what you do.

[Speaker 1] (2:43:07 - 2:44:19)

Yes, for example, then if, for example, we talked about looking after your children and that being the main purpose of your life and again, we have the two dimensions of purpose, outer purpose, which is what a good parent does anyway. Right. You look after the needs of the child, what you do to protect the child as much as possible.

But is the inner purpose there also, which the inner purpose is there when a field of awareness arises between you and the child, there's a space. Are you able to give the child spaciousness or space? Are you able to be open and listen to the child in a non-judgmental way?

Are you able to be with your child? Are you able to be with your child or are you lost in doing? Is it continuous doing?

Yeah. Or can you bring being into your relationship with your child? And if you bring being in, that is you're fulfilling the inner purpose.

And then when the child grows up, it's less, much less likely or improbable that you will get attached to your role of parent. You will then be able to let go of the role and then be able to be whatever you need to be at any given situation. All right.

[Speaker 2] (2:44:19 - 2:45:01)

You say if you ignore your inner purpose, that's why I keep reading from the book because I think I want to stress how important it is to connect your inner purpose. If you ignore your inner purpose, bottom of 264, no matter what you do, even if it looks spiritual, the ego will creep into how you do it. And so the means will corrupt the end.

The common saying, the road to hell is paved with good intentions, points to this truth. So in other words, not your aims or your actions are primary, but the state of consciousness out of which they come. Fulfilling your primary purpose is laying the foundation for a new reality, a new earth.

Doesn't that mean that it's not just what you do, but it's the intention behind what you do it?

[Speaker 1] (2:45:02 - 2:45:55)

Yes, the consciousness that flows into what you do. And there's no... Future is always secondary in the doing.

That is, your future is not that you look forward to primarily, but totality in what you do,

being totally here. Any performer, artists know this very well. Can you be...

When you are total, then a completely different energy arises. That's right. I sometimes...

You see, when the moment the artist performs, sometimes there's an empowerment that suddenly comes in, because then it's sometimes only then that this person can be absolutely total.

[Speaker 2] (2:45:55 - 2:46:00)

Yeah, yeah, yeah, yeah. I see that. I was with Tina Turner and Cher this weekend.

[Speaker 1] (2:46:00 - 2:46:01)

Yes.

[Speaker 2] (2:46:01 - 2:46:41)

A show that we're doing on May 8th. Everybody don't miss that. Tina Turner and Cher.

And watching them in rehearsal, sitting in the... We're just all sitting in the bleachers and watching. And then when they each came to the stage, something happened where there was like...

They were infused by something from another level that you could see. Yes. Something came over them on the stage.

And whatever that was, this is so interesting. Watching them perform, you say, I want some of that. I want some of that.

And what that is, is the presence or level of consciousness that they're bringing. Yes. Not just the beat and the rock and roll.

[Speaker 1] (2:46:42 - 2:46:49)

No. And that's also what people respond to. They go there because they can sense that there's something there that is very powerful.

[Speaker 2] (2:46:49 - 2:46:52)

Very powerful, yeah. Inspiration and enthusiasm.

[Speaker 1] (2:46:53 - 2:46:53)

Yes.

[Speaker 2] (2:46:53 - 2:47:14)

Yeah. And you say when the combination of inspiration and enthusiasm, something happens that's bigger than one person. Yeah.

So Gwen and Bob have spent the last 17 years teaching at schools on U.S. military bases throughout Europe. They now live outside Munich, Germany, and are Skyping us from their kitchen. Hi, Gwen and Bob from Munich.

[Speaker 17] (2:47:14 - 2:47:14)

Hi.

[Speaker 2] (2:47:15 - 2:47:19)

Hello to you all. It's the middle of the night there, early morning. What's your question?

[Speaker 15] (2:47:20 - 2:48:13)

Well, my question's about apologizing. Reading on page 258, you say the most important thing to realize is your life has inner and outer purpose. And I have found that apologizing when it's the right time helps me get back in alignment.

However, when I've been wronged by someone, I expect to hear that apology to help build the relationship and get it back to a positive way. And I like feeling comfortable around others. And when there's not closure and apologies don't come, I feel very uncomfortable.

And I'm beginning to wonder if this is my ego at play. And how can I maintain an inner and outer alignment when I don't feel I've had an appropriate apology from the person I expect it from?

[Speaker 2] (2:48:13 - 2:48:31)

Well, you just answered your own question, really. I'm going to let Eckhart answer that. But you just answered your own question because you just, key word here, appropriate.

I've not received the appropriate apology from people. That would be your ego that needs that appropriate apology. Take it away, Eckhart.

[Speaker 1] (2:48:33 - 2:49:54)

Mr. Tholen. And adding to that, of course, the ego, another thing the ego does, it keeps accounts. And it says, you owe me.

Yeah. And in this case, of course, it says you owe me an apology. Now, this is good because this is an opportunity for you to become aware of the ego in you.

So whenever the ego arises and you recognize it as the ego, it's a great opportunity of

saying, oh, there's the ego. There are the thoughts that the ego produces in my mind which say, he should apologize. She should have apologized.

And another thought that comes, I can't be comfortable with this person anymore unless he or she apologizes. So you can observe the thoughts that the ego produces and you can observe the emotions that are there as the result of those thoughts. So it's a wonderful opportunity for you to see your own ego, which is no more than the human ego.

It means there's anything wrong with you. Right. But to observe the ego in action.

This is always the greatest thing. And then at that moment, when you become aware of this kind of thought, emotional, mental, emotional pattern in you, who are you? When you recognize it, you're already in the space of awareness from where you recognize it.

[Speaker 2] (2:49:55 - 2:49:57)

And you take away its power. You diminish its power.

[Speaker 1] (2:49:57 - 2:50:21)

Yes. And so people, there are many reasons why people don't apologize. People don't apologize because they may not even know that there is anything to apologize in their view of things.

Or they may not apologize because their interpretation of what's happened is the complete opposite of your interpretation. And perhaps they think, or their ego thinks, that you should apologize. Or...

Or...

[Speaker 15] (2:50:21 - 2:50:23)

I like to think I do.

[Speaker 2] (2:50:24 - 2:50:25)

And other...

[Speaker 15] (2:50:25 - 2:50:26)

I get it.

[Speaker 2] (2:50:26 - 2:50:41)

But also that's how you're using it based on what you're saying, based on what you've just told us here. It's your ego's way of feeling superior because you like to think you do,

and you're the one that goes and says, well, I apologized and you didn't.

[Speaker 1] (2:50:42 - 2:51:54)

Or you can keep a resentment inside for quite a while and inner resentment whenever you think of that person or you meet that person. There's a little resentment at the back, which is also the ego. The ego loves hanging on to resentments.

And when resentments go on for a long time, as I've described somewhere in the book, they become grievances. Grievances are heavy, long-term resentments. So you can observe that in yourself and again be happy that you are observing, able to observe the ego in you.

It's a wonderful thing to be able to do that. And of course, the other person who is not apologizing, perhaps it's the ego who prevents them from apologizing because the ego in many people, this is not a particular function perhaps of your ego, but in many other people, the ego finds it almost impossible to apologize because it believes that it would be losing something by apologizing, which of course is a delusion. So these things happen.

It's a wonderful opportunity for you to see your own ego and by seeing it, realize awareness grows in you. That's right. Bob, what's your question for Eckhart?

[Speaker 13] (2:51:55 - 2:52:11)

Yes, on page 265, Eckhart refers to your external purpose becomes charged with spiritual power because your aims and intentions will be one with the evolutionary impulse of the universe.

[Speaker 2] (2:52:11 - 2:52:12)

I love that.

[Speaker 13] (2:52:12 - 2:52:15)

What is the evolutionary impulse of the universe?

[Speaker 2] (2:52:15 - 2:52:50)

That is so great. Let's read that one more time. Once that foundation, he says, fulfilling your primary purpose is laying the foundation for a new reality, a new earth.

Once that foundation is there, your external purpose becomes charged with spiritual power because your aims and intentions will be one with the evolutionary impulse of the universe. Thank you. Because I had written, and did three little, I've read it three times and I got stars, circles, everything around that.

That's a great, thank you for bringing that up, Bob. Okay. What do you mean by that?

[Speaker 1] (2:52:53 - 2:54:54)

Now, I'm not sending you back to the book, but the answer is somewhere in the book. So, but I'm not sending you there now. So let's look at it.

Okay. The evolutionary purpose of the universe is the growth of consciousness. It's going towards, something is flowing into this world of so-called matter, physicality.

Something is flowing into this world of physicality or matter that comes from a different dimension, almost one could say. Well, how do I know this? Because I know it in myself and I know it, I've observed it in other people too.

Something is flowing into this world of this, it seems to be very heavy, the heaviness of matter, something very different flows in, which I call consciousness, which you can call spirit. So a spirit is beginning, has already started a long time ago, but now beginning more fully through the human form, amongst other forms, to come into this world more and more fully. This is the arising of awareness, the arising of presence.

And all that is part of the greater evolution because there's a famous dictum, which is so true, as above, so below. So whatever happens here on this planet and in the human form will be reflected throughout the universe. These are universal movements, as above, so below, as below, so above.

So what happens here in the microcosm of the earth will also be happening in the macrocosm. So when I say how, people might ask me, how do you know what the purpose of the universe is, the evolution of the universe is? Because I know it in myself.

If you know it in yourself, you know many, many answers, even about the macrocosm. Because the macrocosm is no more than a reflection of the inner.

[Speaker 2] (2:54:55 - 2:54:57)

And you see it all the time in nature. Yes.

[Speaker 1] (2:54:58 - 2:54:59)

You see it all the time in nature.

[Speaker 2] (2:54:59 - 2:55:08)

The whole process that's going on in nature is also going on with humans. If you compare ourselves to nature. Yes.

Yeah. The principles are the same. Yeah.

[Speaker 1] (2:55:09 - 2:55:10)

Did that answer your question, Bob?

[Speaker 13] (2:55:12 - 2:55:14)

Kind of.

[Speaker 1] (2:55:14 - 2:55:43)

No, you have to really know the answer. You have to go within. It's not through the mind or through somebody like listening to me and then saying, okay, I believe what you said.

I don't want anybody to believe what I said. I want people to really go within and verify within themselves whether or not that is true in their own experience. So by becoming more conscious of your inner being.

Okay. Many answers will come.

[Speaker 9] (2:55:43 - 2:55:44)

Okay.

[Speaker 2] (2:55:44 - 2:57:37)

Let me take a stab at it, interpreting what I hear Eckhart saying. He's saying that there is, you know, there's a universal source or power of energy that all of us, that we all stem from that universal power or source or energy. You're with me, right?

And you can call it God. You can call it whatever you choose to call it. You can call it, you know, higher consciousness or you can call it universal energy.

You can call it the divine. When you tap into the part of you that is, we're calling consciousness or presence or inner purpose. When you tap into that, that is connected to the source of all universal power and energy.

You're with me so far? Yeah. Okay.

And when you tap into that part of you that is connected to all universal power and energy, your aims and intentions will be one with what all universal power and energy is striving for. And what it's striving for is for you to allow the consciousness to come through you as a human being. So that's what he means by evolutionary impulse.

The impulse of the universe is to support you and you bringing about your higher consciousness. That's why you're here, is to allow that part of you that is connected to all that is universal energy, the source or God. To better explain it, it is the God in you.

When you allow the God in you to come forth, the God of all things supports that.

[Speaker 1] (2:57:39 - 2:57:53)

And you just gave us a demonstration of that because the whole energy shifted when you spoke those words, a very powerful energy came through. So beyond what you said, energy that came through with it was actually a demonstration of that.

[Speaker 2] (2:57:53 - 2:57:58)

Well, thank you. Did it. Good.

You got it now, Bob.

[Speaker 13] (2:57:59 - 2:57:59)

Yeah.

[Speaker 2] (2:57:59 - 2:58:01)

Can I ask one more thing? Sure, sure.

[Speaker 13] (2:58:02 - 2:58:20)

Would there be a way to convey Eckhart's teaching on awareness to Christians who are probably offended by labels like evolution? Is there a way to convey this message?

[Speaker 15] (2:58:21 - 2:58:24)

Of the awakening without getting into the evolution.

[Speaker 13] (2:58:25 - 2:58:28)

So people are going to really shut down when they hear the word evolution.

[Speaker 1] (2:58:30 - 2:58:45)

Well, if they are completely shut down, then of course there's no way they are going to listen to you. But not all those people are going to be completely shut down. I don't believe that evolution is necessarily a problem for all Christians.

[Speaker 2] (2:58:45 - 2:59:02)

Yeah, an evolutionary process. The evolutionary impulse of the universe is about the evolvment as the earth. I mean, because even as Christians, you know that the earth keeps evolving.

It keeps evolving. It keeps moving forward. We as human beings keep evolving.

[Speaker 1] (2:59:02 - 2:59:04)

You can see it in your own life.

[Speaker 2] (2:59:04 - 3:00:28)

You can see it in your own life. You're not the same as you were, you know, 25 years ago. That is your evolutionary process as Bob and Gwen here on the planet.

Bob and Gwen have evolved as Christians. And even as you are a practicing Christian in the beginning of practicing Christianity, you're not, your faith may not be as strong or you may not be as tested, but you evolve in the process of your Christianity. Actually, can you ask somebody in the back to bring me the email, Dean, that came in from a message board this week that the woman who talked about Father, Son and Holy Ghost as consciousness and that there was a beautiful email that came on the message board from a woman who's a practicing Christian who said that she was a Catholic.

And I'm going to try to get the emails because she best, better, best. And I had an aha moment reading it because I thought, oh, that's right. The Holy Trinity, the Holy Spirit is the higher consciousness that you're talking about.

And you just call it consciousness. But as a Christian, it is the Holy Spirit where Jesus said, I leave you with the Holy Spirit. You see that, right, Bob?

Oh, yeah. Yeah.

[Speaker 15] (3:00:28 - 3:00:43)

It's just the use of that word sometimes puts some people off that might otherwise have the door to be awakened. And just knowing that word is in the book, they might just say, oh, I'm not quite ready to do that yet.

[Speaker 2] (3:00:43 - 3:00:44)

That evolution.

[Speaker 1] (3:00:45 - 3:01:01)

Well, it will particularly put people off who take a literal, absolutely literal interpretation of Genesis. But most Christians, I believe, don't take an absolutely literal interpretation of Genesis. And they would be.

[Speaker 2] (3:01:02 - 3:01:03)

And if you do, then that's not for you.

[Speaker 1] (3:01:03 - 3:01:04)

No, that's fine.

[Speaker 2] (3:01:04 - 3:01:06)

Then this isn't the path that you need to follow.

[Speaker 1] (3:01:07 - 3:02:40)

Yes. But if you're open to the idea that this, the creation may not be literally true, but that there is actually, it's a description of an evolutionary process, not of blind chance. This is what Christians object to mostly.

And I also see it. It's absurd. It's not blind chance.

Evolution is not something of coming together over billions of years of atoms and molecules accidentally to bring about this beautiful universe. I do not believe that there is no guiding intelligence behind evolution. There is.

That is so obvious when you look at the world and you look at yourself. You know, the famous analogy of the monkey and the typewriter? No, I don't.

Oh, they say... You have a famous analogy? This is to do with, to describe what evolution means by people who believe it is blind chance.

It's a mechanical, mechanistic thing that how evolution happened, all chance events. That would mean if you put a monkey at a typewriter and this monkey is immortal and this monkey starts hitting the keys of the typewriter and goes on for a billion years or two billion years or longer, they say if evolution as chance development is true, then eventually the monkey is going to produce by chance the works of Shakespeare. Over a billion years.

It's not going to happen.

[Speaker 2] (3:02:42 - 3:05:12)

I miss that monkey and the typewriter analogy somewhere in my college upbringing. But you see the... Yes, I see it.

I see it. Oh, he has a quote. Bob and Gwen, can we go back to them?

This is from somebody named Button 20. Did you see this last week? No.

You don't see the message boards, do you? Um, actually she's Joni in Long Beach, actually. She said, My faith was strong.

Oprah, Oprah, Oprah. My faith was strong, but now it's growing stronger and stronger every day. The words of the Bible, she says, are just jumping out at me.

How could I have not seen them so clearly before? Like be still and know that I am God. I will not leave you alone.

I will always be with you. This book, New Earth, has put into words what I've always felt from within. As a Catholic, I can describe my faith very simply.

It's based on the Holy Trinity, which is in the name of the Father, the Son and the Holy Spirit. That's it in a nutshell. The rest of the Bible is just the history lesson as to how all that came about.

To say it another way, God created the world, saw what a mess we were making, sent his son down to teach us how to live. Then Jesus said, when he knew he was going to have to leave us, I will ask my Father and he will give you another advocate, the Holy Spirit, to be with you always. The spirit of truth, which the world cannot accept because it neither sees nor knows it, because it remains in you and will be in you.

John 14, 16. And here it is again, she writes. John 14, 26, 27.

The Holy Spirit, that the Father will send in my name, will teach you everything and remind you of all that I have told you. Peace I leave with you. My peace I give to you.

Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid. And you know what, Oprah?

I got it this time when I read it. I really got it. People wouldn't be so afraid if they only knew that the energy flowing through their very being, which I choose to call the Holy Spirit, is the most fabulous wireless connection to the most powerful source in the universe, the God that created us.

May God bless you and keep you safe in his grace. You're truly one of his messengers. And that's from Joni of Long Beach, California.

And she ends with, life is a gift, live every day as a thank you note.

[Speaker 1] (3:05:12 - 3:05:13)

Very good.

[Speaker 2] (3:05:13 - 3:05:22)

Isn't that fantastic? I mean, I just thought this was so fantastic. So happy to share that with you.

That's what one Christian had to say. Okay.

[Speaker 15] (3:05:23 - 3:05:24)

Thank you. It's very nice.

[Speaker 2] (3:05:24 - 3:05:54)

I thought that was great too. Joni of Long Beach. I almost Skyped her this week.

I thought, isn't that perfection? I thought that was perfection. Thanks Gwen and Bob.

Thank you guys. Well, shall we continue here? You say your inner purpose is to awaken.

It's as simple as that. You share that purpose with every other person on the planet because it is the purpose of humanity. So let's again talk about what it means to awaken.

Doesn't the very word purpose imply that you can do something about it?

[Speaker 1] (3:05:55 - 3:06:32)

Purpose means on purpose. That's right. I asked that question.

You say you can't make it happen that it is an act of grace, this awakening. Yes. And what I talk about is the first moment of awakening.

It happens or it doesn't happen. First moment, which is the disidentification from the stream of thinking and the arising. It might only be a glimpse at first.

The arising of awareness. You're suddenly becoming aware that there is a realm underneath thinking. There's a realm of stillness inside you.

You touch it. Maybe you're out in nature and suddenly, as you did when you were on the mountaintop.

[Speaker 2] (3:06:32 - 3:06:41)

Oh, I had another one. You know what? I had another one just Friday.

This is going to be on this Friday. But this past Friday, I was at Tom Cruise's house. You know Tom Cruise.

[Speaker 1] (3:06:42 - 3:06:42)

Not personally.

[Speaker 2] (3:06:43 - 3:06:43)

Okay.

[Speaker 1] (3:06:47 - 3:06:49)

I know he jumped on your sofa.

[Speaker 2] (3:06:49 - 3:08:40)

Oh, you even know that. Okay. You even know that.

Okay. We're going to talk about that. Now I'm jumping on his.

I'm looking at his house to jump on his. Anyway, Tom Cruise lives in the, I could cry just thinking about it. He lives in the most magnificent place I have ever seen, read, heard or experienced in my life.

I tell you, I drove through his house through this grove of aspen trees for like a half mile before we get to the gate. He lives at the top of a mountain and the house sits in the center and you're surrounded by all the mountains of Telluride. And we went outside through his bedroom to stand on the balcony and there are all these aspen trees around and the mountains and absolute stillness.

Absolute stillness. So much, my eyes started to water. I've never seen anything more beautiful or felt anything so deep, so rich.

And aside from that time I was on my mountain, but I said to him, first of all, what it takes to be the kind of person that comes to this, that has that as your space. And he's had a lot of things going on in his life. And I said, no matter what, you have this.

You have this place to come to, my God. How it just, and I felt so filled up when I left from the stillness. Yes, yes.

And we stood out on Tom's balcony and I said, Tom, can you hear the silence? It has its own language. He said, yeah, you're right, it does.

It has its own language.

[Speaker 1] (3:08:40 - 3:08:42)

Was he already aware of it or you made him?

[Speaker 2] (3:08:42 - 3:09:01)

No, he was aware of it. He was aware of it, yeah. Wonderful.

That was my moment with Tom Cruise, that you'll get to see. Now when you see us on television this Friday, you won't get all of that because it's all about the interview and stuff, but I had a spiritual moment with Tom at the top of the mountain, yeah.

[Speaker 1] (3:09:01 - 3:09:50)

Well, these are wonderful moments of grace, but you don't necessarily need to be in those beautiful places. It's a great, it's an act of grace when it happens. Yeah.

But that stillness is primarily an inner dimension and it can arise anywhere. But sometimes it's good to have experience in there where the environment is most conducive to experiencing ultimately the inner, because if you don't feel it on the inner, you won't really be aware of the silence around you. That's right.

It's only through the inner that you can be aware of the outer silence. So to be aware of silence, how can you be aware of silence? Only by being still.

[Speaker 17] (3:09:50 - 3:09:50)

Yeah, yeah.

[Speaker 1] (3:09:50 - 3:10:57)

Because it's only the stillness in you that is aware of the silence. If your mind were totally occupied with noisy thinking, you wouldn't even know it's still around you. Or you would say for a moment, oh, it's very still and then you carry on thinking.

Right. Wouldn't really experience it. So there's the equivalent of outer stillness, this is the outer dimension of spirit.

You can sense the spirit that's out there in nature, but you can only sense it because you already have it within you. It's that in you that responds, that senses it. So only people whose mind is not totally noisy can actually be aware of silence.

And so I sometimes observe, when I go for a walk in the forest every day, and often I see people who are jogging or walking their dogs, and very few are really there. They're talking, they're talking on the phone, they have headphones on, they're talking to their friends and all that immersive thinking could be anywhere, in the office.

[Speaker 2] (3:10:59 - 3:11:15)

Someone asked, Eckhart, everything you say in your book resonates with my spirit, so I believe it to be true. However, do people ever ask you how you know all of this? If so, how do you respond?

Where does your knowledge come from? This is Renee in Indianapolis. Where does your knowledge come from?

How do you know what you know?

[Speaker 1] (3:11:16 - 3:12:35)

The essence of it comes through inner realization. In other words, it's by touching the

consciousness that one is, that you are. It comes through becoming still and listening for what comes out of the stillness.

It's not primarily based on knowledge, although of course I have read spiritual books, quite a few. I use sometimes some of the terminology that is already in existence, has been in existence for a long, long time. But the book is more than just a compilation of other spiritual books that I have read.

The essence of the book is in my own realization. In other words, the answers come by being still. When I write, I sit there with a notepad, a pen and become still.

Not on computer? No. Okay.

Everything is done by hand. And then I wait for some movement of thought to come out of the stillness. And then gradually a thought formulates itself.

And then there is a critical faculty that says, okay, does that make sense? Sometimes it does, sometimes it doesn't. If it doesn't make sense, I become still again.

And then perhaps a thought that is more suited to what I can sense comes up. And then I write it down.

[Speaker 2] (3:12:35 - 3:13:10)

So did you write this book from the place of inner space? You know, last week we talked about inner space. And I was a little frustrated until the end of the class, because I was trying to get this concept of inner space across to all of our viewers and listeners.

And at the end of last week's class, as we'd gone off the air here, Eckhart said, I said, remember I said to you, I'm a little frustrated. And you said, because you cannot understand it through concepts and language, that inner space isn't something you can understand with your mind.

[Speaker 1] (3:13:10 - 3:13:27)

No. So as an explanation, it's not very satisfying when one talks about inner stillness and then people try to understand, okay, what's he actually talking about? And you can see already when you're in your head, inner stillness, what's that about?

Well, that doesn't make any sense. It doesn't make, of course it doesn't.

[Speaker 2] (3:13:27 - 3:13:28)

People say it's all that woo-woo stuff.

[Speaker 1] (3:13:29 - 3:13:51)

Yes, that's what some journalists often say. They come to spirituality and say, oh, it's all that stuff. They don't give themselves a chance.

You really, you have to give yourself a chance and see whether you can sense in yourself that to which these words point. Yes. So and only then does it become real and alive.

[Speaker 2] (3:13:52 - 3:14:24)

And that is the same thing we're saying to Bob and Gwen. When Bob is trying to say, what do you mean by the evolutionary impulse of the universe? What that really means is that when you are in alignment, when your inner purpose is aligned with what you do, that you will be supported by the spirit of God or by universal energy in such a way that life opens up to you.

And people think, oh, it's about you being lucky or gee, isn't that strange that this happened or serendipitous things happen. Things fall into line. Yes.

[Speaker 1] (3:14:24 - 3:14:56)

Right, when you are in alignment. Yes, that they fall into line. That's one way or another.

Everybody can experience that. So why not give it a try? Live as if the present moment were more important than past and future.

On a practical level, of course, you still use past and future. But give your attention to this. Spend some, a few days or a few weeks living in that way.

Immediately surrendering negativity when it arises and recognizing it as ego based or pain body based.

[Speaker 2] (3:14:56 - 3:14:59)

Because all ego, all negativity is ego based?

[Speaker 1] (3:14:59 - 3:15:58)

Well, negativity loves ego. It's a denial of life. The moment you identify with negativity, that's part of the ego.

So experiment with, because you've lived in one particular state of consciousness for many years, try something different and see what happens. And what happens primarily and first of all is an inner shift. And after a little time gap sometimes, it gets reflected in the outer realm also.

But that's no longer the main thing because the main thing is already that you enter that state of peaceful, alive presence in yourself when you're aligned with what is, aligned with the now. And that's what matters. The rest is the icing on the cake.

When good things happen to you, it doesn't mean you now feel good because something good has happened to you. Something good has happened to you because you've already found the goodness within you. That's right.

[Speaker 2] (3:15:58 - 3:16:02)

So you can only manifest that which you already are.

[Speaker 1] (3:16:02 - 3:16:35)

Yes. Yes. You already are that.

Whatever people are looking for, whatever form, they already are that. They're looking for God. And I'm not saying that this form is God.

I'm not saying that this person is God. I'm saying the essence, if you go deep enough within, there is a realm where you and God merge. And it's everybody's destiny and purpose to live from that place of connectedness.

[Speaker 2] (3:16:35 - 3:16:45)

Yes, because the I am, the I am, is I am that which comes from God. Yes. I am that which comes from God.

[Speaker 1] (3:16:45 - 3:16:46)

Yes.

[Speaker 2] (3:16:46 - 3:16:52)

Laurie lives in New Brunswick, Canada, and she's Skyping us from her family room in St. John. Hello, Laurie.

[Speaker 6] (3:16:53 - 3:16:55)

Hello, Oprah. Hello, Eckhart.

[Speaker 2] (3:16:55 - 3:16:58)

Welcome to our conversation here this evening.

[Speaker 6] (3:16:58 - 3:18:32)

Thank you. It's a pleasure to be here. What do you want to say to us?

I would like to comment on the dialogue on inner purpose that begins on page 262. There are parts of that dialogue, the parts that were written in italics, that could have been me speaking word for word. In fact, those were the reasons that I think I was drawn

to the book in the first place.

I turned 38 this summer, and I've had two members of my immediate family die in their mid-30s. So their deaths have left me very keenly aware of the immediacy of my own living and how important it is for me to align my life, however long it shall be, with my inner purpose and to make sure that the relationships that I have with people, my husband and my children especially, are genuine and that I conduct my life from that place of higher consciousness. So my question is, I'm so aware of how important and precious every moment of this human experience is, I don't want to waste a moment of it on anger or resentment or disappointment.

Some days I'm just more conscious than others. So I ask Eckhart, do you believe that two people can actually live in an intimate relationship with one another, either as partners or as parent and child, without wanting from one another? And do two people have to be at the same place in their spiritual awakening for this to happen?

[Speaker 1] (3:18:34 - 3:21:44)

Thank you, thank you. Good question. Now, when I say without wanting, what I mean, of course, is without saying, I want you, you are my property.

I'm, you must not leave me, otherwise I will get extremely angry. That's kind of, it doesn't, I'm not saying that you might not say to your partner, I want you to take out the garbage because I took it out yesterday. On a practical level, there may be some wanting.

So the question is, can two people live together without that deep psychological wanting that wants to cling to the other person, says fulfill me or make me happy, don't you dare leave me, that, right, that is the question. But I would like to change the question a little bit from can two people, because you cannot be responsible for somebody else, ask yourself the question, can I live with my partner or whoever without bringing in this unconscious energy of wanting which comes from the ego. Can I live with a person like that?

Because it only requires really one person to go through this shift in consciousness. So only you can really answer the question and it's not an abstract question. It's a question that you can only apply to the present moment to really answer it as an alive question rather than an abstract thing. Can people live in fully conscious together is an abstract question.

A more powerful and a more vital question is, can I? And even that not for the rest of my life, not like that, no, now. So you bring to find the answer, a vital answer that is true for you.

You have to remember that question and as you live, situations arise in your

relationship. At this moment, can I be free of that egoic wanting and needing? And if you cannot be free at this moment of this egoic wanting and needing, and because you cannot be free, negativity arises because the partner is not responding to the wanting and needing or isn't even there, hasn't come home yet.

Whatever. Then this is your chance again to be aware, as I meant to the other questioner a little earlier on, this is your chance to become aware of the ego in you as the wanting. Yeah.

So even if the answer, can I be free of wanting is, no, obviously I can't because there's still wanting in me. Then at least you're able to recognize the ego and that means, how are you able to recognize the ego? You're becoming aware.

And only when you dwell in awareness in your relationship, can you be free of those unconscious movements.

[Speaker 2] (3:21:44 - 3:22:18)

Yeah. I think that wanting that you're talking about is wanting you to be a certain way to help fill me up. Yes.

That's what he's talking about. Not in terms of practical, I need you to pick up the laundry, I want you to pick up the milk, I want you to... That's very different than I want you to be what I want you to be so that you make me whole.

You know that whole, you know, Tom Cruise as a matter of fact, Jerry Maguire line, you complete me. Wanting somebody to complete you is what he's talking about because nobody can.

[Speaker 6] (3:22:19 - 3:22:50)

Yes. I think I misinterpreted that as being wanting, you know, wanting recognition from your spouse or wanting gratitude or wanting respect or things like that. And I couldn't quite figure out how you live in an intimate relationship without wanting those things.

And for me, we have a busy household. We have five little boys all under the age of nine. There's always somebody wanting something around here.

Where are you?

[Speaker 2] (3:22:50 - 3:22:51)

In a closed off room somewhere?

[Speaker 6] (3:22:52 - 3:22:53)

With the door locked?

[Speaker 2] (3:22:53 - 3:22:57)

I am. And it's also 10 o'clock so they're all in bed. Okay.

[Speaker 6] (3:22:58 - 3:23:32)

But for me, I think, and you've talked a lot about people having their own spiritual practice. And I guess for me right now, it's living amidst the chaos of the day and not getting mired down in the muck of the daily routine and being able to stay above that, being unflappable and keeping that sense of inner peace, even though it's a little bit chaotic in the immediate surroundings.

[Speaker 2] (3:23:33 - 3:23:36)

Right, with five boys under nine. Yes. Oh my God, noisy house.

[Speaker 1] (3:23:36 - 3:24:28)

Yeah. A good practice here is not wanting to be this moment to be different from the way it is. Just this moment.

That's where you relinquish the wanting. That is the main relinquishment or letting go of wanting. Not wanting this moment, there's always this moment, to be different.

So if the children are screaming and there's mayhem, that's what is. And then you deal with what is, but not the internal rejection of what is. So not wanting really deep down is not wanting this moment.

This moment may come in the form of a person, your partner, the children. At this moment, this is what is. And not wanting this moment to be different from the way it is.

Then you are aligned and then you act, you take action. You can tell them, stop doing that. But internally, you are free.

You're not reacting internally.

[Speaker 2] (3:24:29 - 3:24:46)

But what about what Laurie was saying about wanting recognition? Not just from your spouse. A lot of people, you do things and you want people to recognize that you've done, to be, you know, I don't know, admired or, you know, receive affection in your relationship.

[Speaker 1] (3:24:46 - 3:25:20)

Is that your ego? It often is. But if you believe that the world is withholding from you, I say that somewhere in the book.

You say, give what you think people owe you, give it. And then you see a reciprocal movement, not even necessarily from the very same people that you're giving it to. But the universe reciprocates.

If you give recognition, gratitude, whatever it is, you give it out. Even to strangers. Recognition, a smile, giving.

So there's a flow of energy.

[Speaker 2] (3:25:20 - 3:25:28)

Because what you give out, what you put out is going to come back always. Always, always, always. That's a universal law.

Thank you, Lori.

[Speaker 6] (3:25:29 - 3:25:30)

LORI GARDNER Thank you.

[Speaker 2] (3:25:30 - 3:25:33)

OPRAH WINFREY Thank you for your moment of calm with the five boys.

[Speaker 6] (3:25:33 - 3:25:36)

LORI GARDNER I'm going to miss this on Monday night.

[Speaker 2] (3:25:36 - 3:25:40)

OPRAH WINFREY Well, thank you very much. OPRAH WINFREY Is this your time for yourself?

[Speaker 6] (3:25:40 - 3:25:43)

LORI GARDNER This is. OPRAH WINFREY Okay. LORI GARDNER Yeah, it's great.

[Speaker 2] (3:25:43 - 3:25:43)

OPRAH WINFREY Great.

[Speaker 6] (3:25:43 - 3:25:47)

LORI GARDNER We work hard to carve out those moments of stillness around here.

[Speaker 2] (3:25:47 - 3:26:12)

OPRAH WINFREY Well, we're going to continue with something we call the Soul Series on Monday nights. There's a great, great interview that I've done with Dr. Jill Bolte-Taylor.

Her mind actually, as we mentioned last week, she lost the left hemisphere of her brain through a stroke.

And the right hemisphere is still working. So all of the chatter stopped. And she was in bliss.

And she said, even though I was drooling, I was drooling, I was in, she was in heaven. She was in bliss.

[Speaker 1] (3:26:13 - 3:26:28)

LORI GARDNER Yeah. I haven't used the terms right and left hemisphere in the book. And I rarely use scientific terms.

But that is how she sees it. I think she's right. OPRAH WINFREY That's right.

LORI GARDNER So the right hemisphere is to do with unity of knowing, not conceptual.

[Speaker 2] (3:26:28 - 3:26:30)

OPRAH WINFREY She said she felt the connection to all things.

[Speaker 1] (3:26:30 - 3:26:31)

LORI GARDNER Yes.

[Speaker 2] (3:26:31 - 3:27:20)

OPRAH WINFREY Yeah, from the right hemisphere. LORI GARDNER It's beautiful. OPRAH WINFREY So here we are at week nine.

Only one more class to go. And I bet so many people can relate to this. Many people, you say on page 262, who are going through the early stages of awakening are no longer certain what their outer purpose is.

A woman from Milwaukee, Oregon, just wrote, can you still be 52 years old and be in the same place as Ivy was at the beginning of this show, not knowing what you want to do? What drives the world, you say, no longer drives them. Seeing the madness of our civilization so clearly, they may feel somewhat alienated from the culture around them.

So what do you do in this case? If you're at this point in your life where reading this book is shaking you up and you realize more than ever what you don't want to do. You realize, I have been on the wrong course.

You realize that you have an awakening. Now what do you do? I'm all awakened.

[Speaker 1] (3:27:21 - 3:29:29)

Now what? Well, the awakening, of course, is the realization of your inner purpose primarily. Yes.

So don't come into conflict with where you are now or what you're doing now. If you cannot surrender to what you're doing now and be okay with it, at least bring acceptance. We talk about in the next chapter, at least bring acceptance to whatever you're doing now so that you're okay with it.

That is vital. Then you are in a state of clarity. You enter a state of clarity when you are no longer in opposition to your present moment, life where you live or what you're doing.

If you cannot surrender, if whatever you are doing continues to produce unhappiness in you and no matter how hard you try, then, of course, it's a clear sign that you need to leave that situation. Right. So either you let go of the resistance and see if you can, and sometimes people say, no, I can't, but what they really mean is, no, I'm not willing to.

I'm not willing to, which is very different. You need to see the difference between not being able to and not being willing to. Whatever applies to you, am I not willing to accept this moment or am I truly incapable of accepting this moment?

If you find you're truly incapable of accepting this moment when you're doing your job or whatever you're doing, then this is a sign that it's time for change. Got it. Many times you will be able to have this energy flow into what you're doing already and transform how you do, perhaps what you've been doing for many years, and it's perhaps in a state of resistance, and suddenly how you do it changes.

You're no longer doing it in a state of inner resistance and then you bring a completely different energy into what you do. Consciousness flows into what you do. And often, either this is deeply fulfilling, it affects many people around you, or it could also happen that now that you're no longer resisting what you do, change suddenly comes into your life.

[Speaker 2] (3:29:29 - 3:29:59)

I got that. This is a beautiful quote from page 266. You say that the great arises out of small things that are honored and cared for.

Everybody's life really consists of small things. Greatness is a mental abstraction and a favorite fantasy of the ego. The paradox is that the foundation for greatness is honoring the small things of the present moment instead of pursuing the idea of greatness.

Yes. It's that one step.

[Speaker 1] (3:30:00 - 3:32:29)

That's right. So many people have this idea, I want to achieve something great or be

somebody great, and they neglect the step that leads to greatness. They don't honor this step at this moment because they have this idea of some future moment where they're going to be great.

And then it's surprising when you truly look at people, perhaps, who you would say have achieved great things, that even in their life it really is a sequence of small steps because every moment is quite small. You are wherever you are at this moment. Some people believe, not to mention you, some people believe I'm doing great work.

I mean, I am because the consciousness is moving through this form. I don't feel personally responsible for what I do as such. But even there, it is small steps.

When the writing happens, there's a notepad and a pen, and there's the present moment and there's the stillness. Very small. There's not some idea I'm going to create a work that's going to change everybody's consciousness.

No, I'm just true to this moment. What this moment requires, it's a blank piece of sheet of paper and a pen and a stillness. It's a small thing.

Or when I give a talk, talk, maybe 2,000 people come. If I had this idea, I'm now going to give an important, big talk that would lead to stress and fear because maybe it's not going to be that great. But if you can be, with every step being present, the car comes to pick me up a few steps into the car, and I sit in the car.

The car moves towards the venue where the talk is going to be. I look out of the window. Simple.

People walking past the tree, the sky, just this moment. Step out, sit in the waiting, the green room to wait for the talk to start. Breathing.

Simple. Nothing big. Just a little moment, this moment, being true to that.

Then step onto the stage. There's an empty chair. I sit in it.

Still. Breathe. I know there's 2,000 people there, and I also know I have no word, no idea what's going to come out of this mouth.

Being happy with not knowing. Still. Not big.

It's all small. It's all a sequence of very small moments. And by being true to the small moment, something great arises.

Yeah.

[Speaker 2] (3:32:29 - 3:33:04)

And the biggest lesson from tonight is, by being true to the small moments, by being

true to this moment, it means to bring the sense of presence, the sense of consciousness to every single moment, so that everything that you do is fueled from a deeper level than your ego. Everything you do is fueled from a deeper level than your thoughts. That everything you do is fueled from your being, and that is what gives meaning and purpose to whatever you do.

Yes.

[Speaker 1] (3:33:04 - 3:33:11)

That's the essence. Yes. Right.

It's wonderful to see you when the power comes through. You talk. It's beautiful.

The words are so true.

[Speaker 2] (3:33:12 - 3:36:32)

Thank you. Thank you, everybody. I want to thank you for joining us tonight.

As I said, next week will be our last class on A New Earth, the finale. But we don't want the discussion to end there. Please join me on Monday, May 12th, for the start of my Soul Series, just to continue this conversation.

For those of you who've been enjoying these webcasts here on Oprah.com. For the first time, we'll be broadcasting the videotape sessions of my XM radio show. It's where I get to talk to spiritual teachers.

I've been doing that for a couple of years now. I talk to spiritual teachers, thinkers, and scholars about my favorite subject, the evolution of the soul. People like Dr. Jill Bolte-Taylor, Wayne Dyer, Elizabeth Lesser, Jon Kabat-Zinn, Byron Katie, Sarah Bonbronick, Kathy Freston, and others. So keep Monday nights at 8 p.m. reserved for Oprah.com. If you can, get away from the five noisy boys, whatever's going on in your life. Tonight's class will be available on demand tomorrow for free here at Oprah.com.

And if you want to download or watch any of our classes, you can do that tomorrow also at Oprah.com and iTunes. It's free because of the generous support of nature-made soft gel vitamins. This week, you can update your workbook and get ready for our last class, Chapter 10, A New Earth, How to Bring Awareness to Every Moment of Your Life.

There really is no higher calling. We're going to go for two hours next week for all of, for the benefit of wrapping up all the things we've been talking about these past 10 weeks. This was great.

Thank you. This was a good class. Thank you.

We'll see you in number 10, coming up, number 10. Bye, everybody. Thanks for your message boards.

Tonight, we're coming to you with a special two-hour finale of our New Earth webcast series. For 10 weeks, we've all met every Monday night for a global conversation. It's been really quite special.

A global conversation about consciousness from the UK to Hong Kong, to Russia, to all 50 states here in America. I just, again, want to say thank you to every one of you for helping us to create this new earth here with Eckhart Tolle and with me. So many of you have written to say that you want this forum to continue.

So beginning next Monday, May 12th, I hope you'll join me for the start of my soul series webcast here on Oprah.com. For the first time, we'll be broadcasting the videotape sessions of my XM radio show. Many of you didn't know I have a radio show.

Yeah, I have a day job, a night job, a middle job. It's where I get to talk to spiritual teachers and have been doing so for quite some time. Spiritual teachers and thinkers and scholars about this, my favorite subject, the evolution of our soul.

So keep Mondays reserved for Oprah.com. You can begin downloading next Monday. Tonight's the last chapter, chapter 10 of A New Earth.

And before we get started, let's begin with silence.

[Speaker 1] (3:36:32 - 3:36:33)

Yes.

[Speaker 2] (3:36:33 - 3:36:34)

Would you like to lead us, sir?

[Speaker 1] (3:36:34 - 3:37:46)

Moment of stillness. Now, as you know, you need to put your attention somewhere in order to find the stillness. The attention needs to move out of the dimension of thinking.

So we have practiced in the past with putting our attention into the inner feeling of aliveness in the body. We've also, I believe, put our attention on our breath and we've put our attention on sense perceptions, whatever we can see or hear outside. But this time we go one step further and I suggest this is a little bit more subtle.

As we enter this moment of stillness, we put our attention on the fact that we are conscious. In other words, we become aware that there is a light in us. I'm using light metaphorically.

A presence, a space of awareness that is pure attention. So instead of being aware of something, our breath or the inner body or sense perceptions, let's just be aware that we are aware. You feel your own presence and become still.

[Speaker 2] (3:37:47 - 3:40:59)

Let's be aware that we are aware and become still. That was good. I think even Dean, the stage manager, became aware.

Right, Dean? The themes of Chapter 10 are truly the culmination, I think, of what all of our work has been about. How to bring consciousness to every moment and to every action of our lives and in the process, learning that we are far greater than anything that we could have imagined ourselves to be.

So we're going to get started. You talk about the brief history of your life on page 282. The coming into manifestation of the world as its return to the unmanifested, its expansion and contraction.

On the previous page, you talked about the Earth expanding, the universe, really, expanding and contracting. Those two movements are reflected throughout the universe in many ways, such as in the incessant expansion and contraction of our heart, as well as the inhaling and exhaling of our breath. They're also reflected in the cycles of sleep and wakefulness.

Each night without knowing it, I love this, you return to the unmanifested, capital S, source of all life when you enter the stage of deep dreamless sleep and then reemerge again in the morning replenished. Those two movements, the outgoing and return, are also reflected in each person's life cycles. Out of nowhere, so to speak, you suddenly appear in this world.

Birth is followed by expansion. There's not only physical growth, but also growth of knowledge and activities and possessions. This is a time where you're mainly concerned with finding or pursuing your outer purpose.

Each person's life, each life form, in fact, represents a world, a unique way in which the universe experiences itself. And when your form dissolves, a world comes to an end out of countless worlds. I thought that was so beautiful.

That's the bottom of page 283, everybody. Each person's life, each life form, in fact, represents a world, a unique way in which the universe experiences itself. So we are manifestations of the universe experiencing itself as each of us.

[Speaker 1] (3:41:00 - 3:41:26)

Yes. And that takes you out of this illusion that all you are is this limited little person.

This is on the surface of things.

You are this person with a name and a form. But in the depths of your being, you are the universe experiencing itself in this form. And just this thought brings about a little shift in the way in which you perceive yourself.

[Speaker 2] (3:41:27 - 3:41:28)

And everybody else.

[Speaker 1] (3:41:28 - 3:41:29)

Yes. Yes.

[Speaker 2] (3:41:29 - 3:41:40)

We are the universe or the source of all life or the creator or God, whichever name you choose to use, expressing itself in our particular form.

[Speaker 1] (3:41:40 - 3:41:59)

Yes, in and through this form. So there's not... People usually perceive themselves as being this is me and there's the universe or the world.

And there's the me and the rest of the world. But you are the universe. You are the life.

We're not separate. Not separate.

[Speaker 2] (3:41:59 - 3:42:25)

Yeah. Each person's life, each life form, represents a world, a unique way in which the universe experiences itself. And when your form dissolves, a world comes to an end, one of countless worlds.

Wow, that's really powerful. So let's talk about the awakening and the return movement. What is the return movement in a person's life?

[Speaker 1] (3:42:27 - 3:43:48)

Usually you start off with the outward movement as you grow up. And as you go into adolescence and adulthood, you start building your life. You acquire experiences.

You acquire knowledge. You acquire possessions. Your sphere of influence extends.

So that's the expansion. You grow. And usually that goes up to a certain age.

It varies from person to person. Unless... I talk about that also.

Unless this period of expansion is interrupted by some traumatic event, we can come to that a little bit later. So there's the expansion. And then when people reach a certain age, suddenly a different movement starts, thinks the body is no longer as strong, not working so well anymore.

People around you begin to die. They reach a certain age. And so there's another movement that at some point comes into people's lives, which we could call the dissolution of form.

It's gradually happening. And in our culture, we don't like to talk about that. And this is why most old people are hidden away in homes.

You rarely see... You have to go to third world countries to really see the reality of human life.

[Speaker 2] (3:43:49 - 3:44:00)

And also we have such a fear of it. And not just a fear, a disdain for it. So we do everything to make ourselves look younger.

Everything is about looking younger, being younger, younger, younger, younger.

[Speaker 1] (3:44:00 - 3:45:44)

Yes. Yeah. Now, the return movement is also when where the spiritual dimension can come into your life very strongly, when the form with which perhaps for many years you had been identified, which is the physical form and the form of my life, all the things that you had built up and identified with your job, your status, your profession, your possessions.

And when that begins to become a little bit shaky, then it is very often at that point that there's the possibility for the spiritual dimension to come into your life when the solidity of the outer forms becomes diminished. Right. So traditionally, in India, for example, there's still a tradition when a man reaches a certain age, he withdraws from society.

Some people still practice it, but not so many these days. He even leaves his family if he knows that his family is being looked after. He leaves and becomes a solitary mendicant or monk in order to go deeply within.

But you don't need to do that. All we need to be aware is that when the return movement starts, when the forms that you had identified with begin to break down, that is a wonderful time for going back home for the return movement into spirituality so that you would become aware of your own consciousness rather than what consciousness had identified with. That was your life before.

[Speaker 2] (3:45:44 - 3:45:45)

You mean form?

[Speaker 1] (3:45:45 - 3:45:46)

Form, yes.

[Speaker 2] (3:45:47 - 3:45:50)

And so it's sort of the return back to formlessness.

[Speaker 1] (3:45:50 - 3:46:23)

Yes, but consciously. It's the conscious return to see what is the source of my very being. You could say, when the world begins to become shaky, then you go back to the source out of which it all came, which is God ultimately, God within, the source within.

So there's these two movements in a person's life. Now, in our civilization, the whole civilization...

[Speaker 2] (3:46:23 - 3:46:26)

These two movements is the outgoing and the return home.

[Speaker 1] (3:46:26 - 3:46:48)

The outgoing and the return. Now, our civilization is only interested, it seems, in the outgoing movement. People are interested in accumulating, in building up, in creating, making a life for yourself, being successful.

Of course, that has its place. That's fine. What our civilization knows very little about is the return movement.

[Speaker 2] (3:46:48 - 3:47:25)

You say, then one day, you too disappear. Your armchair is still there, but instead of you sitting in it, there's just an empty space. You went back to where you came from, from just a few years ago.

Each person's life, each life form, in fact, represents a world, a unique way in which the universe experiences itself. And when your form dissolves, a world comes to an end, one of countless worlds. The return movement in a person's life, the weakening or dissolution of form, whether through old age, illness, disability, loss, or some kind of personal tragedy, carries great potential for spiritual awakening.

That's why you say some older people become sort of luminescent. Yeah.

[Speaker 1] (3:47:25 - 3:47:52)

Some and others have a resistance against the return movement. The ego identifies with the weakening body, for example, and so negative inner states arise. People become angry or bitter or complain all the time or talk about the past all the time.

Then they resist what's happening.

[Speaker 2] (3:47:53 - 3:48:00)

Yeah, because they can't accept. They can't accept, which we're going to talk about those three modalities, acceptance, enjoyment, and enthusiasm.

[Speaker 1] (3:48:01 - 3:48:09)

So here comes this, the acceptance of when old age approaches the acceptance that this can be also very beautiful if you're open to that.

[Speaker 2] (3:48:09 - 3:48:52)

You say because in old age, the emphasis, the top of 286, everybody, because in old age, the emphasis shifts from doing to being. And our civilization, which is lost in doing, knows nothing of being. It asks being, what do you do with that?

What do you do with it? Yeah. But the older you get, the more conscious you become that being is of more value to you than doing.

And the whole point of a new earth is for everybody to realize no matter what age you are, being is of more value to us than doing. And that it's only the being that you bring into your doing that matters.

[Speaker 1] (3:48:53 - 3:49:07)

Yes. And you don't have to wait for old age for this to happen. You can become conscious of this at any age.

And then the way in which you interact with the world is very different. Right.

[Speaker 2] (3:49:08 - 3:49:41)

287, when the ego is no longer identified with the return movement in a person's life, old age or approaching death becomes what it's meant to be an opening into the realm of spirit. And many times, obviously, you don't have to approach death in order to open into the realm of spirit. As so many of you have told us in your message boards that this whole book is about opening to the realm of spirit.

Okay. You say in a new earth, on our new earth, old age will be universally recognized and highly valued as a time for the flowering of consciousness.

[Speaker 1] (3:49:42 - 3:51:05)

Yes. In a way, we lost it because that was already there in ancient cultures where old age was greatly honored. For example, in the Native American culture, a grandmother is that when somebody is called a grandmother, it's a title of great distinction.

And everybody has great respect for the grandmother because the grandmother embodies that wisdom. Not only wisdom, she also embodies the opening into the realm of spirit. The elder of a tribe, for example, they embody the opening into the realm of spirit.

And through those old people, everybody can contact that realm. So it's very vital to have that. We lost it.

And now we are going to find that again where old age is honored rather than looked down upon. So there's the grandmother. And I mentioned in the book, you have the grandmother of the Native American.

In our civilization, you have the granny. And I say the granny, at best, is cute. But there's no depth to that, how we perceive it.

Because we don't honor. No. That dimension has virtually disappeared from our civilization, the dimension of depth, the dimension of spirit, the dimension of the sacred, which is so vital for human life.

[Speaker 2] (3:51:05 - 3:51:14)

And what kind of effect does that have on us, not honoring that age that which is sacred within the age and the depth of that? What kind of effect does that have on us?

[Speaker 1] (3:51:14 - 3:51:43)

Well, it means the whole dimension of spirit, which is lost. So all our life becomes completely superficial. And when life becomes completely superficial, you are identified with the surface movement of your life.

And because of that lack of depth, people become very unhappy because there's only the surface of their life, possessions, achieving this or that, getting recognition. And role-playing. Role-playing.

[Speaker 2] (3:51:43 - 3:51:47)

And also what you call on page 289, I like this, intelligent stupidity.

[Speaker 1] (3:51:47 - 3:51:48)

Yes.

[Speaker 2] (3:51:48 - 3:51:49)

Intelligent stupidity.

[Speaker 1] (3:51:50 - 3:51:50)

Yes.

[Speaker 2] (3:51:50 - 3:51:51)

Tell us what you mean by that.

[Speaker 1] (3:51:52 - 3:52:23)

Well, an example I give is, for example, you need great intelligence to split the atom. To do that, then what do we do with that? We create, we make an atom bomb, a destructive weapon out of something that could be a wonderful thing.

So on the one hand, humans seem very intelligent. And then what they do with that intelligence very often is extremely stupid. Right.

It becomes destructive.

[Speaker 2] (3:52:23 - 3:52:27)

Because that's where intelligent stupidity comes in.

[Speaker 1] (3:52:27 - 3:52:45)

Yes. And that's because the dimension of spirit is missing. Intelligence that is not connected to the deeper dimension of awareness or spirit, whatever you want to call it.

And being. Yes. It's very destructive.

Right. Sooner or later, it becomes destructive.

[Speaker 2] (3:52:45 - 3:52:58)

Yes. I love what you say on page 290. This is, you know, I've read the book now several times.

That's why this should be your new summer read, everybody. Because when you go back and read it again, you will find things that you didn't experience the first time.

[Speaker 1] (3:52:58 - 3:53:00)

Repeated readings, very helpful.

[Speaker 2] (3:53:00 - 3:53:20)

Or the second time. Yes. Or the third time.

This is what I got the other, just yesterday, I was reading it once again, this chapter. Struggle or stress is a sign that the ego has returned as our negative reactions when we encounter obstacles. So whenever you encounter obstacles in your life, it is because your ego is forefront, at the forefront.

[Speaker 1] (3:53:20 - 3:53:32)

Yes. It doesn't mean that you don't encounter challenges in your life. But to make them into, if you consider a challenge, an obstacle that you need to fight against, that means the ego is there.

[Speaker 2] (3:53:32 - 3:54:00)

Right. This is 290. The force behind the ego's wanting creates enemies.

That is to say, reaction in the form of an opposing force equal in intensity. That's what an enemy is. The stronger the ego, the stronger the sense of separateness between people.

The only actions, this is one of my favorite quotes. I love this. The only, see I've underlined it.

The only actions that do not cause opposing reactions are those that are aimed at the good of all.

[Speaker 1] (3:54:01 - 3:54:23)

Yes. So you no longer separate yourself and say, this is, this is my, you consider in whatever you do, you consider the totality or the whole, not just my little needs, but how do I fit into the totality? And so then, this is no longer karmic action which produces suffering.

Right.

[Speaker 2] (3:54:24 - 3:54:49)

We're also learning that action, although necessary, is only a secondary factor in manifesting our external reality. The primary factor in creation is consciousness. No matter how active we are, I love this, how much effort we make, our state of consciousness creates our world.

And if there's no change on that inner level, no amount of action will make any difference.

[Speaker 1] (3:54:50 - 3:55:13)

Yes. In other words, what you do is always secondary. Who you are is primary.

And that means not who you are in the eyes of the world or who you are in whatever image you might have about yourself, but whether you are connected within yourself with that dimension of being, spirit or consciousness.

[Speaker 2] (3:55:14 - 3:55:31)

You say it beautifully, 294. It's not what you do, but how you do what you do determines whether or not you are fulfilling your destiny. Yes.

It's not what you do, but how you do it. And by that you mean the amount of presence or consciousness you bring to whatever you do.

[Speaker 1] (3:55:31 - 3:56:20)

Yes. Another aspect of that is whether whatever you are doing at any given moment, even the most, what the mind would say, insignificant thing, are you doing it in presence or is it just a means to an end because you want to get to some future moment? Right.

Just a simple example you could give, you can go to a restaurant and the way in which the waiter puts the plate on your table can be present and conscious and immediately you would be affected by that. Sometimes it happens that you have a waiter who is conscious and with care and attention he or she puts the table there, the plate in front of you. And you can sense a very different energy from a waiter who is just doing his or her job.

Absolutely. And he just puts it down.

[Speaker 2] (3:56:20 - 3:56:21)

And that's in every aspect.

[Speaker 1] (3:56:22 - 3:56:25)

That's going to the toll booth. That's picking up your laundry. Everything.

[Speaker 2] (3:56:25 - 3:56:28)

That's standing in line for french fries. That's everything.

[Speaker 1] (3:56:28 - 3:56:28)

Yes.

[Speaker 2] (3:56:28 - 3:56:31)

People either bring their presence or they don't.

[Speaker 1] (3:56:31 - 3:56:49)

Yes. Yeah. And often it's a useful thing to remember to check inside yourself to see whether you are making whatever you are doing at this moment whether it is primarily a means to an end because you want to get somewhere else through what you are doing or whether you're giving it your fullest attention.

[Speaker 2] (3:56:50 - 3:56:57)

I think you're going to have a generation of children growing up with unconscious parents because I recognize this with myself. I've been guilty of it since the Blackberries.

[Speaker 1] (3:56:57 - 3:56:58)

Yes.

[Speaker 2] (3:56:58 - 3:57:07)

If you're riding in a car with friends or you're anyplace with friends everybody instead of talking now everybody's on their Blackberries to see who else is calling.

[Speaker 1] (3:57:08 - 3:57:10)

I've been wondering what they're doing when they go like that.

[Speaker 2] (3:57:10 - 3:57:19)

Oh this is where everybody's writing everybody you're right instead of talking to the people who are there with you you're writing to the people who are not there to see what they have to say. That's what everybody's doing.

[Speaker 1] (3:57:19 - 3:57:20)

Oh yes.

[Speaker 2] (3:57:20 - 3:57:28)

And many times people are now on their cell phones or they're on their Blackberries and their kids are coming into the room and nobody ever even looks up.

[Speaker 1] (3:57:28 - 3:57:54)

And you're not experiencing reality that is around you. You're not experiencing the fullness of life around you and what you are experiencing is a mental abstraction which is little letters that you're putting in there. It's just mental abstraction.

You're not even communicating truly with the person that you're sending the message to. Yeah. Because the communication is two or three times removed.

You're just sending little ciphers to them.

[Speaker 2] (3:57:54 - 3:58:17)

Okay. Well we're going to get into the three modalities of awakening where you say that unless you are at any given time having acceptance, enjoyment or enthusiasm for whatever you're doing you should stop doing it. Because if you're not accepting the moment, enjoying the moment or having enthusiasm for the moment then you are in one way or another causing suffering.

[Speaker 1] (3:58:17 - 3:58:44)

Yes. It's a dysfunctional state. You're in a dysfunctional state.

You're not aligned with the present moment. You're not aligned with yourself. You're not aligned with life.

Completely dysfunctional and then you generate psychic disharmony around you. You make yourself unhappy. Already you're unhappy.

Because you can't accept the present moment. And the unhappiness spreads because when you're unhappy others around you make them unhappy too. It spreads like a disease.

[Speaker 2] (3:58:44 - 3:59:47)

Well I think you know as we here are already in Chapter 10 one of the biggest issues that I've heard so many people talk about and last week a friend of mine started emailing me saying that how you know that she was following the classes and that it's very easy to have this resonate with you but then when you have to go out into the world and actually deal with people that it starts to get difficult.

And that friend is Skyping us today who is an actress who played my daughter in the movie Beloved. Yes. She's my baby girl.

Kimberly Elise played my baby girl. Hello Kimberly. Hi.

Hi. Who's been reading the book. Kimberly's been reading the book and following the webcast and we were I was trying to email back and forth explaining this in email and as Eckhart says emails are you know not a full form of communication when you're trying to express these ideas.

So go at it Kimberly.

[Speaker 5] (3:59:49 - 4:01:32)

Okay so yes as I was telling Oprah it's been really exciting and enlightening to discuss in

theory all the different concepts and ideas in the book and it's been attainable here in this loving cocoon which I live in and my book club members live in. But once you go out into the real world and have real life situations you're presented with a lot of challenges because not everybody's read the book. Not everybody's on this journey.

Not everybody is striving to evolve or have awareness. A simple example one of the book club members works for a very egotistical boss and is very sort of pushed and has unrealistic demands put upon her and she's managed to sort of pull herself above it become witness to the ego she's dealing with and the ego within herself and as a consequence she's been perceived as sort of lax and dispassionate and disengaged in everything that's going around because everybody else is so in the drama and she feels her job could be at stake because she's being viewed this way. That's an example.

So my question is if we're in the process of evolving our state of consciousness moving away from our egos and getting closer to our true selves how do we manage how do we manage to maintain this level of elevation when you're forced in the real world to live and work with people who come from a strictly egotistical place and don't understand this awareness level and really can perceive you as being weak?

[Speaker 2] (4:01:34 - 4:01:39)

Good. Good question. Good.

Now let's hear what Eckhart has to say.

[Speaker 1] (4:01:40 - 4:03:56)

Okay. So we are gradually learning to live from a different state of consciousness. Now you cannot expect to be necessarily to be a master when you meet difficult people and already to be fully in that state of presence.

It's a gradual process where you bring presence into your life and as you invite presence into your life and at first don't even practice with the difficult boss but leave him alone for a while. At first you invite presence into your life with small things. When you're at home one little movement making tea making opening the curtains as you get up looking out of the window without any judgment just perceiving the light, the clouds.

Bring as much as possible presence into your life in simple situations when you get into your car you get in close shows the door be quiet for 20 seconds, 30 seconds feel the inner body. Many opportunities are there whenever you're waiting I talk about that in both books I believe. Whenever you're waiting for something or someone drop the waiting and be present be fully there fully alert fully accepting of that moment rather than wanting some other moment.

So and gradually you grow in presence power or presence power grows in you and when

as presence power grows in you you can begin to apply it to slightly challenging situation which normally would have triggered for example some slight irritation and there you can observe oh there's the old reaction as you're waiting in line at the supermarket and you can see the irritation with the cashier or the whoever is there in ahead of you and you can immediately be aware of that and see well what's it can it has no useful function it does nothing except make me unhappy and you can then let go of it and be clear and free and present at that moment.

[Speaker 2] (4:03:56 - 4:04:14)

OPRAH WINFREY Yeah I think too Kim that one of the things that we all want when you read this and you feel so great it's like sort of being you know when you you feel so enthusiastic and you want everybody to get it as you get it it's like developing a like developing spiritual muscle.

[Speaker 17] (4:04:14 - 4:04:14)

DR. ANTHONY Yes.

[Speaker 2] (4:04:14 - 4:05:19)

OPRAH WINFREY It's like developing spiritual muscle you can't go out and lift you know the 50 pound weight unless you have also lifted the 25 pound weight and the 10 pound weight and so you have to start developing the muscle with things that you are more comfortable with and once you've developed a strong enough muscle the bosses become the unruly bosses become easier to handle. In the beginning you just can't say I'm going to go out I'm going to apply this principle and expect it to work because you have to have the inner strength in which to deal with it and also it comes from a greater awareness I think having had unruly bosses in my early years it comes from a greater awareness of what your real purpose in life is I remember being in Baltimore in the early days of my career having a boss who was a complete jerk who was just a complete jerk I'd like to use another word for it but I'll just leave it

[Speaker 1] (4:05:19 - 4:05:21)

DR. ANTHONY Of course it's not his true self but it's almost

[Speaker 2] (4:05:21 - 4:05:27)

OPRAH WINFREY Okay DR. ANTHONY Heavy overlay OPRAH WINFREY Having a boss whose true self was love and innocence and had a wonderful presence but

[Speaker 1] (4:05:27 - 4:05:28)

DR. ANTHONY Heavy overlay

[Speaker 2] (4:05:28 - 4:06:04)

OPRAH WINFREY Heavy overlay was the ego self that he showed daily was a complete jerk something inside me knew I wasn't going to be here forever there forever I knew that I could tolerate it I could deal with it I could handle it I could you know my place in it was not I knew he ultimately had no power over me that I needed to do what was necessary for this particular time in my life but inside myself I knew trouble don't last always and I will not this will this is not going to be the course of my life

[Speaker 1] (4:06:04 - 4:06:05)

DR. ANTHONY This too will pass

[Speaker 2] (4:06:05 - 4:06:40)

OPRAH WINFREY This too will pass I knew that this too will pass and so I could go into the space every day doing what needed to be done as perhaps maybe your friend needs to do doing what needs to be done and could do the thing that everybody else couldn't understand I could offer give that person what they thought they needed I could give them I could create the space for them to be and even to show themselves to be whoever their ego at that particular time you know wanted to be you see what I'm saying?

[Speaker 5] (4:06:41 - 4:06:53)

DR. ANTHONY I do I do so as you're as you're at that higher level of awareness you're able to look at a situation and see it as just a situation but not your entire life OPRAH WINFREY Not my entire

[Speaker 2] (4:06:53 - 4:07:02)

not your entire life because that person ultimately I knew I'm going to be here for a time I need to learn this much here and then I'm going to be gone

[Speaker 5] (4:07:02 - 4:07:16)

DR. ANTHONY And do you believe that there are just some people in this lifetime who will not get to this level of awareness and that you just really have to focus on yourself OPRAH WINFREY Yeah but that's what I said to you

[Speaker 2] (4:07:16 - 4:07:25)

that's what I was saying to you in the email that's not your job to worry about what other people are going to do your only role is to be is to concern yourself with yourself isn't that true?

[Speaker 1] (4:07:25 - 4:08:10)

DR. ANTHONY Oh yes, yes, yes so in one thing as we said Oprah called it spiritual muscle and I called it growing in presence power it's the same thing so presence builds up gradually in the meantime you can still practice even in difficult situations it might sometimes work even if your spiritual muscle is not yet highly developed if you can remember just the little little pointer the little phrase am I able to accept this moment as it is and if this moment comes in the form of this obnoxious person then the question is can I accept this obnoxious person at this moment?

[Speaker 2] (4:08:10 - 4:08:13)

OPRAH WINFREY Can I accept this obnoxious person at this moment?

[Speaker 1] (4:08:13 - 4:08:17)

DR. ANTHONY Because whatever arises in the present moment can I be the space for this?

[Speaker 2] (4:08:17 - 4:08:37)

OPRAH WINFREY Yeah and if you're able to remove your ego from it if you're able to take your ego out of it DR. ANTHONY Yes OPRAH WINFREY It becomes just what it is DR. ANTHONY Yes OPRAH WINFREY What you were saying, Kim it becomes just another situation if you can take your ego out of it or your friend take the ego out of it so it's not personal DR. ANTHONY No OPRAH WINFREY It's not personal at all DR. ANTHONY No OPRAH WINFREY Yeah that's what I learned how to do

[Speaker 5] (4:08:37 - 4:08:44)

KIM So we can really take these opportunities that are so challenging as little gifts and opportunities to grow ourselves

[Speaker 2] (4:08:44 - 4:09:18)

OPRAH WINFREY Not only that it is the true that is the spiritual path you know we talked at a previous class about how everybody has their cross to bear and the truth is that when you confront an obnoxious boss or in difficult situations therein lies your opportunity to build a spiritual muscle DR. ANTHONY Yes OPRAH WINFREY To build this or create or allow presence to come through in a way that you get to show who you are instead of being worried about what the other person is doing

[Speaker 1] (4:09:18 - 4:09:37)

DR. ANTHONY Yes so difficult people or ego controlled people have a very important spiritual function in this world eventually they will become so unhappy that they will also

go beyond that but in the meantime they are there as practice material for others

[Speaker 2] (4:09:38 - 4:09:42)

OPRAH WINFREY That's right because if everything was wonderful all the time you would have no practice no way to practice

[Speaker 1] (4:09:42 - 4:09:43)

DR. ANTHONY There would be no growth

[Speaker 5] (4:09:43 - 4:09:45)

KIM That's a good way to look at it

[Speaker 2] (4:09:45 - 4:09:49)

OPRAH WINFREY Hey I love your house Kim I hadn't seen your new house how nice

[Speaker 5] (4:09:49 - 4:09:54)

KIM I know you haven't you have a dog OPRAH WINFREY Oh my gosh you have a dog and a fireplace

[Speaker 2] (4:09:56 - 4:10:17)

very cool KIM Yeah OPRAH WINFREY Very cool BG talk to you soon KIM Bye OPRAH WINFREY Bye very, very nice interesting about the practicing of the spiritual muscle DR. ANTHONY Yes OPRAH WINFREY Now you notice when I was calling my former boss a jerk and you said that's not who he is do you never encounter obnoxious people in your life?

[Speaker 1] (4:10:17 - 4:11:19)

DR. ANTHONY No you do encounter obnoxious people it's a question of looking OPRAH WINFREY Do you have only love for them? DR. ANTHONY Not necessarily OPRAH WINFREY Okay good DR. ANTHONY No OPRAH WINFREY Okay but it's a question of what did you say? DR. ANTHONY Of whether one is able to look through this overlay of ego or heavy pain body which can be very strong whether you're able to go through that and it's very hard to describe this process when you are not judging the person mentally not calling him or her anything you still know that this person is obnoxious you know that OPRAH WINFREY Yeah DR. ANTHONY You still know that this person is controlled by the ego you know it even without formulating a concept in your mind and so but you also know that beyond there is a being OPRAH WINFREY Right DR. ANTHONY That is pure and innocent and as close to God as anybody

[Speaker 2] (4:11:19 - 4:11:20)

OPRAH WINFREY As anybody

[Speaker 1] (4:11:20 - 4:11:26)

DR. ANTHONY So OPRAH WINFREY Okay DR. ANTHONY Is it possible to look through the ego in others?

[Speaker 2] (4:11:27 - 4:11:30)

OPRAH WINFREY Yeah but Eckhart you still don't have to want to deal with that person

[Speaker 1] (4:11:30 - 4:11:38)

DR. ANTHONY No you may want to remove yourself OPRAH WINFREY Right DR. ANTHONY And if that is possible then that often is the best thing to do

[Speaker 2] (4:11:38 - 4:11:46)

because you can still say I can bless you in your beingness but what you're showing me now is not what I want to deal with

[Speaker 1] (4:11:46 - 4:12:22)

OPRAH WINFREY Or you can walk out of a job if it's insane the environment is insane and the more present you are the more certain you will be DR. ANTHONY About what to do OPRAH WINFREY Of what to do DR. ANTHONY Absolutely OPRAH WINFREY But we talked about this in one of the sessions the realization of what you have to do comes from a powerful but peaceful place when you are present DR. ANTHONY That's right so when you're walking out of the office you're not walking out in anger when it comes through presence you're walking out you're being you're peaceful with everybody and say that's it I'm walking out of here OPRAH WINFREY That's it DR. ANTHONY There's power but no negativity

[Speaker 2] (4:12:22 - 4:12:23)

OPRAH WINFREY Right I got that

[Speaker 1] (4:12:23 - 4:12:26)

DR. ANTHONY And so that's it's beautiful when that happens

[Speaker 2] (4:12:26 - 4:12:28)

OPRAH WINFREY When to say I have had enough

[Speaker 1] (4:12:28 - 4:12:29)

DR. ANTHONY Yes

[Speaker 2] (4:12:29 - 4:12:33)

OPRAH WINFREY I have had enough and that comes from your inner purpose

[Speaker 1] (4:12:33 - 4:12:34)

DR. ANTHONY Yes

[Speaker 2] (4:12:34 - 4:12:35)

OPRAH WINFREY As opposed to your outer

[Speaker 1] (4:12:35 - 4:12:36)

DR. ANTHONY Yes

[Speaker 2] (4:12:36 - 4:12:36)

OPRAH WINFREY Yeah

[Speaker 1] (4:12:36 - 4:12:58)

DR. ANTHONY Now there may be other situations when you are forced for some reason you are forced into now an extreme example is that you're in an elevator and it gets the elevator gets stuck OPRAH WINFREY Right DR. ANTHONY And there you are with an obnoxious person for one hour in the elevator or some people are stuck with somebody for some reason they can't go leave leave the situation you're maybe in a prison cell

[Speaker 2] (4:12:58 - 4:13:01)

OPRAH WINFREY Or lots of people are in they have to keep jobs

[Speaker 1] (4:13:01 - 4:13:01)

DR. ANTHONY Yes

[Speaker 2] (4:13:01 - 4:13:02)

OPRAH WINFREY Where they are dealing

[Speaker 1] (4:13:02 - 4:13:03)

DR. ANTHONY Yes

[Speaker 2] (4:13:03 - 4:13:05)

OPRAH WINFREY Bosses who are obnoxious

[Speaker 1] (4:13:05 - 4:13:05)

DR. ANTHONY That's right

[Speaker 2] (4:13:05 - 4:13:10)

OPRAH WINFREY Yeah as we just heard Kimberly say you have to keep a job you have to earn a living for yourself and your family

[Speaker 1] (4:13:10 - 4:13:20)

DR. ANTHONY Yes and there's a question of accepting that this is where this person is at without getting into reactivity OPRAH WINFREY And resisting it DR. ANTHONY Resisting it OPRAH WINFREY Right DR. ANTHONY Yeah

[Speaker 2] (4:13:20 - 4:13:37)

OPRAH WINFREY I did it the right way because I was in that situation for quite a long time and literally would just accepted it and I would have friends say how can you put up with that how can you tolerate that because I know this too shall pass and trouble doesn't last always

[Speaker 1] (4:13:37 - 4:13:39)

I won't be there forever DR. ANTHONY Intuitively you did that

[Speaker 2] (4:13:39 - 4:13:41)

OPRAH WINFREY Intuitively I knew that I wasn't going to be there forever

[Speaker 1] (4:13:41 - 4:13:55)

DR. ANTHONY I remember the same reading your friend Maria Shriver wrote a book and she describes some of her early bosses dreadful OPRAH WINFREY Yes DR. ANTHONY But somehow she was able to just say that's how it is she also knew she wasn't going to be there for the rest of her life

[Speaker 2] (4:13:55 - 4:13:55)

OPRAH WINFREY She wasn't going to be there forever

[Speaker 1] (4:13:55 - 4:14:00)

DR. ANTHONY But for the time being she kind of OPRAH WINFREY This is what I need to do DR. ANTHONY Accepted and yes OPRAH WINFREY That's right

[Speaker 2] (4:14:00 - 4:14:35)

Kippy is an American who teaches gifted students at an elementary school on a U.S. Air Force base outside Tokyo, Japan and she's Skyping us from her home office with a

reading group she started after hearing about our web classes How do you say hello in Japanese? Is it konnichiwa?

KIPPY Konnichiwa OPRAH WINFREY Konnichiwa DR. ANTHONY Konnichiwa OPRAH WINFREY Konnichiwa And the same to you Kippy, let's start with you What is your question?

[Speaker 11] (4:14:36 - 4:14:56)

KIPPY Okay, Eckhart on page 301 you wrote enthusiasm means there is a deep enjoyment in what you do plus the added element of a goal or vision that you work toward My question is how can we have goals or visions if we are to always remain in the present?

[Speaker 2] (4:14:56 - 4:14:58)

OPRAH WINFREY Good question

[Speaker 1] (4:14:58 - 4:15:01)

KIPPY Good, yes OPRAH WINFREY Good question KIPPY Yes

[Speaker 5] (4:15:01 - 4:15:02)

OPRAH WINFREY Thank you

[Speaker 1] (4:15:02 - 4:17:44)

KIPPY So the goal or vision when it's inside you as if it were already a reality and in fact on some level it is a reality inside you already So a goal that is powerful when you're in touch with your own power is not a goal that you project yourself mentally to and say I would like to achieve this or that at some future point I need that I want that to complete myself You're reaching out towards that goal You're losing yourself You're not present But if you are if you realize that whatever vision you hold is already a reality inside you I give an example now the power of now before I ever wrote the book I had this vision of that that book was already on some level already there had already been written And so I felt all I'm doing is I'm externalizing what's already there I had this strong inner feeling that the book already exists inside me I saw that it as a reality already I didn't try to achieve writing a book The book was already there and all then I had to do was be open to this energy movement coming from within to manifest what was already there on a deeper level And that's why Jesus said whenever you ask for anything believe that you already have received it and it will be yours So if you believe that you already have received it it means it must be already be a reality inside yourself So you're not coming from lack or scarcity or neediness because then you're not there's no power behind your vision or your goal You're already coming from fullness So the goal is already a reality

inside you already feel as if you had it Right It's already a reality and what you feel about it is the fullness that is already there in the present moment And then you don't lose yourself then you are fully there as you begin to respond to this inner impulse you manifest it in your life in the present moment So it's not a future thing really a powerful goal when you visualize a powerful goal is you're not visualizing in order to achieve something in the future you're visualizing in order to bring something out that's already inside you Wow

[Speaker 2] (4:17:47 - 4:18:28)

That's powerful but I can understand why a lot of people would be confused by it because then how do you ever achieve anything in the future Isn't that what you're saying too, Kippy? Right, right How do you ever achieve anything in the future? Say, I want to be an actress There are a lot of people I know at the Bodhi Tree who we're going to talk to later A lot of people at the Bodhi Tree who have day jobs where they really want I want to be an actress That's a future goal I want to be an actor or an actress or I want to get a job working for a major corporation How do you, you know how can you not hold that as a vision for yourself?

[Speaker 1] (4:18:28 - 4:19:04)

You can but what you're visualizing is not yourself in some future state The power that is there inside you that will manifest externally in time and in the future is already there Get in touch with the power What would it feel like if you were an actress already successful? What does that feel like inside you? And where does the power come from with which you can make a difference in people's lives when you are doing something like that?

Where does the power reside? Yeah, because you say

[Speaker 2] (4:19:04 - 4:19:10)

instead of saying I want to be a great actress is how do I use this talent to manifest in such a way that causes people to

[Speaker 1] (4:19:10 - 4:19:11)

Yes

[Speaker 2] (4:19:11 - 4:19:12)

feel a certain way

[Speaker 1] (4:19:12 - 4:19:12)

Yes

[Speaker 2] (4:19:12 - 4:19:13)

Yeah

[Speaker 1] (4:19:13 - 4:19:38)

Yes So it's already a reality inside you and then you can take steps towards implementing that but it comes from fullness rather than neediness The mistake is not finding the place of power that is in the present moment and believing that something else that is not in the present moment is going to bring you to the place of power Okay It won't

[Speaker 2] (4:19:38 - 4:20:53)

Okay I just got it, Kippy I just got it I just got it What he's saying is is that whatever goal that you have or vision that you have must come from the place of being or consciousness and if it comes from a place of being or consciousness and not is an external goal that you have for yourself I think I'm getting it right, right? If it comes from being or consciousness then it comes through you out into the world instead of you reaching out into the world saying this is what I want for myself and so all things and I can use the example of myself I have always wanted to do exactly what I'm doing here with all of you tonight I've always felt that deep inside me this is what I was meant to do I was meant to be a teacher I was meant to use television as a platform for helping people to better know themselves and when and knowing that knowing that deep inside myself is what has helped bring this into fruition this way instead of saying you know one day I want to have a webcast and have a million people on the webcast you see what I'm saying?

[Speaker 16] (4:20:54 - 4:20:55)

I do, yes

[Speaker 2] (4:20:55 - 4:21:26)

that it comes from the inner part of you there's a feeling that comes from the consciousness part of yourself the being of yourself that says this is what I now need to do and that's why you're saying it doesn't matter what you do it's how you do what you do and it doesn't matter what you do everything that you do has to be fueled by consciousness or the spirit of God which is another way of saying it by consciousness or the spirit of God otherwise it has no real meaning in your life

[Speaker 1] (4:21:26 - 4:21:36)

yes and the place of power is in the present moment that's the vital thing is you can only touch that power in the present moment that's right so if you're not

[Speaker 2] (4:21:37 - 4:21:48)

and so you said last week it's about this step the step today that it takes to get to the next step then the next step and the next step and the next step you don't get there by thinking let me go let me you know

[Speaker 1] (4:21:48 - 4:22:18)

and even if you're doing something at the moment that life has given you that doesn't seem to be part of your vision let's say you are working in a restaurant but your vision is being a great artist right or manifestation you still need to honor whatever it is that you are doing at this moment fully and completely because it may some way it may arise out of that that may also be part of it that's right because every step leads you to the direction

[Speaker 2] (4:22:19 - 4:22:23)

it's the means and not the end that counts

[Speaker 1] (4:22:23 - 4:22:23)

yes

[Speaker 2] (4:22:23 - 4:22:24)

the means and not the end

[Speaker 1] (4:22:24 - 4:22:25)

yes

[Speaker 2] (4:22:25 - 4:22:38)

you follow that right Kip? I do thank you anybody else that want to say anything there hi ladies hi what time is it in Tokyo right now is it another day already?

[Speaker 17] (4:22:38 - 4:22:39)

it's already yes

[Speaker 5] (4:22:39 - 4:22:44)

we are living on tuesday yes tuesday morning oh tuesday

[Speaker 1] (4:22:45 - 4:22:47)

well so in Tokyo it's tomorrow it's not the now

[Speaker 2] (4:22:51 - 4:22:53)

Eckhart made a funny

[Speaker 11] (4:22:55 - 4:22:57)

and you'll have beautiful weather tomorrow

[Speaker 2] (4:22:58 - 4:23:34)

Tokyo it's tomorrow it's not now thank you guys so much thank you wow that's interesting because everything always comes back to that same point of whatever sense of presence or being holy spirit spirit of god whatever you choose to call it name because it doesn't have an ego so it doesn't get hung up on what it's being called that when you bring that into your life it fuels everything that you do and as you said last week the evolutionary impulse of the universe yes rises up to meet you

[Speaker 1] (4:23:34 - 4:24:13)

yes yes and so the question to ask yourself it's a very simple question am i okay with the present moment you need to be deeply okay with the present moment to find the power of the present moment which is your own power or the power of the universe or the power of god am i okay if you're not okay with the present moment let's say you're working in a restaurant but while you're working in the restaurant you would rather be somewhere else you're not empowered you're only empowered that even while you're working in the restaurant and for some people that's their life purpose to work in a restaurant and to spread that presence through whatever they do with people they meet there and that's beautiful

[Speaker 2] (4:24:13 - 4:24:28)

and what you're saying in this book is is that whatever you do wherever you do whatever you do can have deep meaning and purpose to it and for the rest of the world if you bring your presence to it yeah

[Speaker 1] (4:24:28 - 4:24:29)

yes

[Speaker 2] (4:24:29 - 4:24:37)

and we all have encountered that the difference between people whether it's a waiter or the toll booth operator or you know

[Speaker 1] (4:24:37 - 4:24:38)

yes

[Speaker 2] (4:24:38 - 4:25:04)

in every one of our life circumstances okay Elzbieta is joining us from Poland did i pronounce your name correctly tonight very well yes hello Elzbieta where she's been downloading all of the webcast hello is it Jin Dubré hello can you hear me yes yes i can oh fantastic

[Speaker 12] (4:25:04 - 4:25:14)

i want to thank you both for this extraordinary webcast the greatest book club i've ever seen

[Speaker 2] (4:25:14 - 4:25:15)

well thank you

[Speaker 12] (4:25:16 - 4:25:28)

thanks what's your question i'd like to ask Eckhart to comment on a certain quote from a philosopher Alan Watts if i may

[Speaker 1] (4:25:29 - 4:25:30)

yes please go ahead

[Speaker 12] (4:25:31 - 4:26:01)

later i will also have a question go ahead okay go ahead there's a certain pause that's why it's a little strange so the quote is from the book on the taboo against knowing who you are the most strongly enforced of all known taboos is the taboo against knowing who or what you really are behind the mask of your apparently separate independent and isolated ego could you please comment on that

[Speaker 1] (4:26:03 - 4:27:18)

well the taboo is not a taboo that's it's not called a taboo but our civilization is ignorant of that dimension and our civilization to a large extent is still run by the ego and the ego does not want to know about the deeper dimension of spirit it feels threatened by that the ego likes perhaps to have an ideology and call that spiritual it has a certain rigid belief system and says that is spiritual and identifies with that and calls other people enemies or evil who don't agree with that belief system but so the ego feels threatened by the spiritual dimension within the human being and it will do unconsciously anything to sabotage the arising of the spiritual dimension in our culture in civilization or in human beings and so you see these are unconscious reactions some people say that what we are doing is evil these are unconscious reactions again by the ego to protect itself

[Speaker 2] (4:27:19 - 4:27:22)

wow you mean some people say what we're doing here is evil

[Speaker 1] (4:27:22 - 4:27:52)

yes yeah the oh i don't know how it is possible because bringing people to greater presence and a peaceful way to live how that can be evil i don't know but somehow they work it out in their minds that this is evil yeah yeah and so this is that it's an unspoken taboo there are no there are no laws against spirituality but the taboo is unspoken it's underneath the surface of things and the taboo has been created by the egoic civilizations that we inhabit

[Speaker 2] (4:27:54 - 4:27:55)

thank you

[Speaker 12] (4:27:55 - 4:28:18)

yes that's very clear to me too but i think that even though alan watts wrote it i don't know 30 40 years ago it still rings true unfortunately so my question actually is for those who misinterpret your teachings could you clarify do you consider your teachings to be a religion

[Speaker 1] (4:28:19 - 4:29:25)

certainly not it's not a religion it is spiritual which means this teaching the truth of it can be applied within any religion or within no religion it's the teaching is in essence spiritual it's not based on belief systems it's not based on thoughts it's based on becoming present and still and whether you are a muslim or a christian or a buddhist or uh atheist atheist it it can be applied in your life the transformation of consciousness does not depend on your belief system but it is possible of course if you have a rigid belief system it can stop you from the trans the belief system can sabotage the transformation but it does not depend the transformation does not depend on whatever belief system you have certain belief systems are so rigid that they represent a barrier

[Speaker 2] (4:29:26 - 4:29:43)

what do you say to those people though i mean i think that was one of the questions that somebody has tonight about other people who think that what you have written and what we have done here in communicating with people around the world about what you've written is evil what do you say to that

[Speaker 1] (4:29:43 - 4:30:05)

well probably most of them have never looked at the book right and many of them

probably have never listened into the webcast right right so because if they if they truly read a few pages in the book they would see that there's absolutely nothing that could be interpreted as as evil as evil

[Speaker 2] (4:30:05 - 4:30:09)

thank you Elspita thank you so much i agree absolutely

[Speaker 12] (4:30:10 - 4:31:02)

opera can i also share one aha moment sure please show an aha share an aha yes please that would go back to the first chapter on page 12 where Eckhart writes about fear greed or the desire for power are not the dysfunction but are created by the dysfunction which is a deep-seated collective delusion that lies within the mind of each human being end of quote i think that this is it well there's lots of great stuff in the book and there's an aha almost on every page but this one is very important i think because seems to me seeing through the delusion can only when we can see through the delusion can we be really free of fear greed and desire for power which we all share i'm afraid

[Speaker 2] (4:31:02 - 4:31:07)

thank you Elspita thank you for sharing that all the way from Poland tonight thank you so much

[Speaker 1] (4:31:07 - 4:31:08)

thank you very much

[Speaker 2] (4:31:08 - 4:31:23)

thank you so much thank you thank you Beth from Green Bay Wisconsin sent in an email that caught my uh my attention a few weeks back i thought it'd be great to skype with her for this last chapter hi Beth hi Oprah hi hi why don't you read us your your email

[Speaker 10] (4:31:24 - 4:32:02)

okay okay i emailed in i've been working on this too shall pass and i've noticed it's much easier to accept that this in my own life situation than it is for the world's life situation for example i i can't be cavalier about teenagers beating each other for video content on the internet i can't condone 13 year old girls having spiritual weddings to much older men and i cannot just accept that human beings will be tortured and killed for having a different religion nationality or skin color why is it so much easier to say that's no big deal for me than it is um for the rest of the world why can't i let go of this global anger

[Speaker 1] (4:32:03 - 4:32:06)

you have global anger that's a good word

[Speaker 2] (4:32:06 - 4:32:07)

that's a good word for it

[Speaker 1] (4:32:07 - 4:32:08)

but many people have to say

[Speaker 2] (4:32:08 - 4:32:13)

you're going to be angry for a very long time you're going to carry that around but go ahead

[Speaker 1] (4:32:15 - 4:32:25)

so have you already dropped anger on a personal level in your own life being angry at people around you that you experience personally

[Speaker 10] (4:32:26 - 4:32:39)

very rarely do i get angry at anyone else anymore mostly it's my kids but that's that's just part of their growing up and i've been able to see that why they're doing what they're doing

[Speaker 1] (4:32:39 - 4:32:39)

yes

[Speaker 10] (4:32:39 - 4:32:43)

and have some compassion for them it's just on a larger scale

[Speaker 1] (4:32:43 - 4:34:52)

yes compassion there's an important word i also noticed in your question you used the word condone which perhaps may be synonymous in your mind with acceptance condone means to say it's okay to behave in such a way then this is not what acceptance is about acceptance is to see to simply see what is and to say this is what is right now this is how these humans behave this is what they're doing right now this is what is and no matter what you think or what how you judge that you cannot argue with the fact that this is what is and that's all acceptance is it doesn't mean it's okay i condone it there's nothing wrong with it it's to come to an inner acceptance of the isness of life right now and then you can look and then you can see once you have come to an acceptance of what is you also see that yes it is mad you can see it is mad you can come to a place of compassion when you see that all these people are unconscious they don't

know what they are doing and then you can see evil i mean there's vast amounts of evil still happening on the planet which means suffering that humans inflicting on other humans on other life forms on the planet itself on nature all that you can see as manifestations of ignorance spiritual ignorance unconsciousness ego collective ego and so once you see that you can come to a place of compassion for those people who are still still controlled by ego and who are acting unconsciously

[Speaker 2] (4:34:52 - 4:36:00)

and also doesn't it come to that that phrase about accepting the things you cannot change changing the things you can and having the wisdom to know the difference and the truth of everything that we've been saying in these past two weeks Beth for you and everyone else is that you begin to change the world by first changing yourself and so the anger all of us are putting energy into the world all of us are putting energy out into the world and you raise the level of consciousness when you bring consciousness and presence to whatever it is you do that's how you begin to change the world in your home right now what room are you in right now wait this is the spare bedroom we call it the home office okay in your home office with your children in your actions every day being less angry in your personal life really helps diffuse it in the rest of the world and people don't see that as a big deal but if everybody did that it would it would it would be diminished

[Speaker 1] (4:36:00 - 4:36:29)

yes you are connected on an unseen level with all other humans that's right and whatever energy you put out contributes to that particular vibration in the collective energy field of humanity correct so if you're putting out anger then that connects with all the collective anger that is floating around on the planet which is vast it connects and feeds the collective anger

[Speaker 2] (4:36:29 - 4:36:59)

yes and so isn't each of us isn't it for each of us we're asked to do that which we can do I feel this every time I go to Africa that it's really easy to get overwhelmed by all of the massive problems encountered in that country you can get easily overwhelmed and so the thing to do is to focus on that which you can change that which you can have some impact on and do that as well as you can

[Speaker 1] (4:36:59 - 4:37:06)

yes yeah one little thing perhaps one thing that might seem insignificant and you can make a change

[Speaker 2] (4:37:06 - 4:37:10)

but everything is significant depending on what presence you bring to it

[Speaker 1] (4:37:10 - 4:37:10)

yes

[Speaker 2] (4:37:10 - 4:37:14)

Beth I hear you've made some big changes since reading A New Earth tell us about them

[Speaker 10] (4:37:14 - 4:37:45)

oh yes actually I picked up A New Earth after my grandmother passed away in January but some things have been happening along the line that I didn't really understand what was going on I left a job that was not good for me in November I was able to spend more time with my grandmother and we both prepared ourselves for her passing I've quit smoking I've started running I eat healthy foods it's I'm not even sure who I am anymore

[Speaker 2] (4:37:46 - 4:38:05)

and that's a good thing yes that's a good thing but I think the key word here is what Eckhart had said earlier accepting what is going on in the world isn't the same thing as condoning it because there are a lot of terrible things going on in the world and no I know and I don't know if it's because I've been a mom for so long

[Speaker 10] (4:38:05 - 4:38:27)

it's just I want to put myself maybe as a shield in front of these people to offer them some protection and I don't know if that's my own ego but it doesn't feel like it's my ego it's like you know you people don't deserve this you deserve to have a better life you're 13 14 years old it's not time for you to have a baby

[Speaker 2] (4:38:27 - 4:38:40)

are you talking about the polygamous story on the news yes yeah yes okay that's none of your business right now what's your business is what's going on in your house right now Beth yeah and I'm happy to hear Eckhart says

[Speaker 10] (4:38:40 - 4:38:43)

that grandmothers are going to be respected because I'm going to be a grandmother in July

[Speaker 2] (4:38:45 - 4:38:59)

well I don't know if they'll be respected by July but we're working we're working on it okay thanks for that email thank you so much thank you okay I think we got some work

to do

[Speaker 1] (4:39:00 - 4:39:01)

maybe just wanted

[Speaker 2] (4:39:02 - 4:39:14)

we're going to get old age respected by July we got to get busy we got to sell some more books thanks Beth we have a caller from France on the line Michelle lives in Paris has a question

[Speaker 14] (4:39:15 - 4:40:41)

yes hello Oprah and Eckhart hello I actually have a million questions but I'm only going to ask one one that's actually troubled me for a long time and I think I can sum it up with a quote from the Bible it is easier for a camel to pass through the eye of a needle than for a rich man to enter into the kingdom of heaven and for me I see the rich man as someone who is full of ego and full of mind which can never enter into consciousness and this relates to me and to my question if I have a very strong and active mind and it's my greatest asset perhaps but it's also my Achilles heel and when I can reach a place of stillness or awakening my mind wants to participate it wants to own the experience and at some point always succeeds in bringing form to the experience turning it into a concept trying to understand it trying to link it with past experiences and so you speak about this space between ego and awareness and I need to develop that space I need to be able to step further back from my mind and it's very difficult the mind's also very cunning and it deceives me even into believing that I'm actually in that space what can I do? how can I work on this dilemma?

[Speaker 1] (4:40:42 - 4:43:07)

well the mind cannot recognize that space it doesn't know anything about it it's completely meaningless to the mind but from what you are saying I can see that you already are able to enter that space for how long doesn't matter but you are already able to have that inner space of stillness inside you and your mind is almost denying that experience certainly resisting it so first of all it's the recognition that the most important thing which is the initial disidentification from the process of thinking has already happened inside you that first disidentification from thinking and encountering that dimension of presence or stillness inside yourself that has already happened now the mind is not happy with it it doesn't want to go there or it judges it in some way or the mind says oh I want to interpret it in some way all you need to be there is rather than fighting the mind or your thought processes to recognize thoughts that arise as thoughts and it's from the place of stillness or spaciousness inside you that you can recognize when thoughts come and say this or that about stillness or about whatever you should

be doing something else or whatever they say you recognize these as just another thought and another thought and when you recognize a thought as a thought it does no longer it no longer has this power to pull your attention in completely and so the important thing is not the fact that your mind is highly developed that can be quite useful at some point when you're not identified with it you can use your highly developed mind in the service of awareness in the service of spirit and that's fine but in the meantime it's not being drawn into every thought that arises or even fighting a thought and saying go away I want to be still that doesn't work either you recognize

[Speaker 14] (4:43:07 - 4:43:08)

it's as a threat I'm giving it power

[Speaker 1] (4:43:10 - 4:43:10)

yes

[Speaker 14] (4:43:10 - 4:43:11)

yes

[Speaker 1] (4:43:12 - 4:44:42)

you recognize the mind as mind you recognize thinking as thinking so you can then choose to be present when you're walking out in nature for example or when you're sitting alone in your room you choose to be present and then you will notice the mind will occasionally try to come in and do or say something about it or something totally different or says you should be thinking about something else that's more important than this and then you can recognize these thoughts as just another thought that arises you can even say to yourself oh there's another thought and then you get still again then the thought comes oh there comes another not to give every thought that arises this importance so that it draws you in because the mind wants to do that it wants all your attention because it's had all your attention for such a long time so it's a habit pattern of the mind it wants to draw in your attention and all you do is you take your attention out of the mind so that's the really is the process thoughts is the mind is not the enemy you would never win that fight against the mind if you made the mind into an enemy the mind is like a little restless child you could say or a restless puppy it goes about and then you say oh it's just it's nothing it's not it's not a big deal yeah and as we all get

[Speaker 2] (4:44:43 - 4:45:28)

you know build our spiritual muscle here we become more and more conscious of our consciousness and recognize when the thoughts are just playing in your mind and I'm sure that started to happen to you already Michelle you just said oh there's thought there's another one there's another thought I mean I would have to say over the 10

weeks that we've been doing this course I've become really really more skilled at I will think about that later sort of like Scarlett O'Hara I won't think about that now I'll think about that later because this is now I want to be present with whatever is going on in this moment so I'll deal with that at a later time when I choose to set aside time for thinking about that particular thing instead of just letting my thoughts rule everything yes all the time exactly

[Speaker 14] (4:45:28 - 4:45:31)

yes I've been putting much too much effort into keeping my thoughts at bay

[Speaker 2] (4:45:31 - 4:45:32)

yes right

[Speaker 14] (4:45:32 - 4:45:34)

yeah looking at them for what they are

[Speaker 2] (4:45:34 - 4:45:46)

just looking to go there's another thought there it is again and then the effort should be in keeping yourself in the moment of what it be you know my mantra is be here be now here be now be here be now with whatever's going on

[Speaker 1] (4:45:46 - 4:45:47)

absolutely that's good

[Speaker 2] (4:45:47 - 4:45:48)

be here be now

[Speaker 1] (4:45:48 - 4:45:49)

yes

[Speaker 2] (4:45:49 - 4:45:50)

thank you so much

[Speaker 1] (4:45:50 - 4:45:54)

wonderful wonderful thank you so much thank you bonsoir thank you bonsoir

[Speaker 17] (4:45:54 - 4:45:55)

bonsoir

[Speaker 2] (4:45:56 - 4:47:10)

all right let's talk about you say that the alignment of your outer purpose with your inner purpose is which we talked about last week the inner purpose must fuel the outer purpose otherwise ultimately it's not going to work for us but the alignment of our outer purpose with the inner purpose is called awake and doing and that awake and doing is the next stage in the evolution of consciousness on our planet there are three modalities of awake and doing acceptance enjoyment and enthusiasm on page 295 you write each modality represents a certain vibrational frequency of consciousness that is you need to be vigilant to make sure that one of them operates whenever you are engaged in doing anything at all this is key folks from the most simple task to the most complex if you are not in a state of either acceptance enjoyment or enthusiasm look closely and you will find that you are creating suffering for yourself and others so let's explain each one of them you touched on it a little bit earlier when you were talking to Kippy I think about acceptance does not mean that was Beth that acceptance does not mean condonement it means I accept this moment for what it is

[Speaker 1] (4:47:10 - 4:47:30)

yes and so when you're doing something you'll be amazed if you become aware of this and observe people around you how many people are constantly in a state of disharmony because they cannot be in either acceptance enjoyment or enthusiasm about what they're doing

[Speaker 2] (4:47:30 - 4:47:44)

you use the example in the book of changing a flat tire now you don't have to enjoy changing the flat tire that you would have reached another level of consciousness you can enjoy changing yes which I'm sure you could you maybe could change it with enthusiasm

[Speaker 1] (4:47:44 - 4:47:45)

I'll let you know when it happens

[Speaker 2] (4:47:47 - 4:48:04)

okay but so you don't have to enjoy changing the flat tire but at least to accept the tire is flat you will have a much better experience rather than cursing the fact that you've had a flat tire which is what most people do the first time you get the flat tire everybody goes damn

[Speaker 1] (4:48:04 - 4:48:05)

yes flat tire

[Speaker 2] (4:48:05 - 4:48:07)

I can't believe it

[Speaker 1] (4:48:07 - 4:48:39)

and even more so if it's at night in the pouring rain that's right never convenient no yeah so the question then is you have to check inside to see what is your inner state of consciousness that you're bringing to this action to whatever you're doing what is this inner state of consciousness am I what state am I in and then often you will realize that you are in a state of denial of the present moment okay so you said acceptance you just said this to Beth

[Speaker 2] (4:48:39 - 4:48:42)

is just saying what is is

[Speaker 1] (4:48:42 - 4:48:48)

and if this is what I have to do at this moment then I might as well do it without resistance

[Speaker 2] (4:48:48 - 4:48:58)

and that is the same as if it's a flat tire or if it is as my friend Kimberly was saying earlier with the girl and her boss my boss is obnoxious

[Speaker 1] (4:48:58 - 4:48:58)

yes

[Speaker 2] (4:48:58 - 4:48:59)

that is what is

[Speaker 1] (4:48:59 - 4:49:00)

yes

[Speaker 2] (4:49:00 - 4:49:04)

I'm not going to change that so let me figure out how to deal with that

[Speaker 1] (4:49:04 - 4:49:29)

yes and and the acceptance really has to be applied only to the present moment if the boss is there sitting there saying whatever he says right at this moment am I able to accept this am I bringing acceptance to this that's right here we are talking more

specifically about when you're performing some kind of action right and what is the question is what energy flows into the doing

[Speaker 2] (4:49:29 - 4:49:31)

that's right that's the question

[Speaker 1] (4:49:31 - 4:50:27)

is it the energy of denial or negativity and and once you are you have developed a little bit of sensitivity you can very easily tell by observing other people whether the energy that flows into what they do is was contaminated with negativity or whether it is presence or consciousness yeah flows yeah totally qualitative difference is enormous I mentioned the waiter as an example how does he put the plate on the table is he just doing a job because he wants to get out of there as soon as possible just or just making a living or is he honoring this moment and by honoring this moment he's honoring you he's honoring life and something flows into the simple movement of putting a plate on the table just as one simple example right that changes the entire environment around him too yeah

[Speaker 2] (4:50:27 - 4:51:24)

I had this experience this weekend I had to go somewhere and had to do something and I was very upset with myself because I hadn't handled my schedule better so I had to get into fly into New York and then I my schedule started like eight o'clock in the morning I was very upset that I hadn't given more time for myself because I was already exhausted and I realized that I had to change my attitude change the frequency otherwise I was going to affect the outcome yes of everything I was doing that day if I couldn't have a shift in my own perception about the day so I really literally went and sat with myself in the closet until I could shift my attitude into well I must accept the fact that I didn't look out for myself I didn't prepare better my schedule is now overcrowded that's the way it is how can I move forward and make the best of it yes yeah as I was making myself angrier and you know looking for who I could blame

[Speaker 1] (4:51:24 - 4:51:28)

yes yeah so if and so if you hadn't done this the energy

[Speaker 2] (4:51:28 - 4:51:30)

I realized I was going to ruin my whole day

[Speaker 1] (4:51:30 - 4:51:31)

yes and it was

[Speaker 2] (4:51:31 - 4:51:33)

and everybody I encountered was going to feel that

[Speaker 1] (4:51:33 - 4:51:47)

and and everybody that you were everything that you would have done would have not truly been successful because success depends on what energy flows into what you do okay and and you affect everybody else also with that

[Speaker 2] (4:51:47 - 4:51:58)

and that is why you must change the modality to if you're not accepting enjoying or enthusiastic you need to stop whatever that is and work on changing your mood or don't do it

[Speaker 1] (4:51:58 - 4:52:12)

yes either accept what you do which is the the primary thing or don't do it remove yourself don't do it but don't contribute negative energy or suffering to this world

[Speaker 2] (4:52:12 - 4:52:15)

I know but most people are going to say I'm sure listening saying but I had to do it

[Speaker 1] (4:52:15 - 4:52:17)

I had to do it I have a responsibility

[Speaker 2] (4:52:17 - 4:52:18)

I have to do it

[Speaker 1] (4:52:18 - 4:52:53)

but I don't want to do it well then know that at that moment it is your choice to create unhappiness for yourself and others once you know that that is your choice it might change because it's really to to generate unhappiness for yourself and by implication for others really requires you to be unconscious right but when you make this process conscious and and realize at this moment by resisting what I'm doing I'm creating suffering for myself yes and probably people around me too okay and the reason you come into acceptance again

[Speaker 2] (4:52:53 - 4:53:01)

is because of the energy that you're bringing into it yes yes and the next mode of modality for awakening is enjoyment

[Speaker 1] (4:53:01 - 4:53:02)

yes

[Speaker 2] (4:53:02 - 4:53:04)

that's that's a notch above acceptance

[Speaker 1] (4:53:04 - 4:53:07)

yes different frequency vibrational frequency

[Speaker 2] (4:53:07 - 4:53:10)

because everything is about vibrational frequency

[Speaker 1] (4:53:10 - 4:53:10)

yes

[Speaker 2] (4:53:10 - 4:53:15)

people are bringing energy to everything that they do

[Speaker 1] (4:53:15 - 4:53:15)

yes

[Speaker 2] (4:53:15 - 4:53:16)

okay

[Speaker 1] (4:53:16 - 4:53:32)

now enjoyment is a higher frequency right some things are easier of course to do in the state of enjoyment one might almost say you do them naturally in a state of enjoyment things that you like doing

[Speaker 2] (4:53:32 - 4:53:45)

yeah I love this quote Eckhart on 297 you say on the new earth enjoyment will replace wanting as the motivating power behind people's actions yes when's that gonna happen?

[Speaker 1] (4:53:45 - 4:53:46)

well it has to

[Speaker 2] (4:53:46 - 4:53:48)

not not by July either I don't think

[Speaker 1] (4:53:48 - 4:53:53)

well not in the collective but it can happen in the individual already now

[Speaker 2] (4:53:53 - 4:53:55)

where we do things because we enjoy them

[Speaker 1] (4:53:55 - 4:53:56)

yes

[Speaker 2] (4:53:56 - 4:53:59)

and not because you want more and want more and want more

[Speaker 1] (4:53:59 - 4:53:59)

yes

[Speaker 2] (4:53:59 - 4:54:09)

because so many people have expressed throughout this class on the message boards and in other areas how you get more things and get more things and you want more things and want more things

[Speaker 1] (4:54:09 - 4:54:58)

and that leaves you with an empty space yes filling trying to fill your life up with things eventually you come to an empty space and you feel nothing completely unfulfilled right and so the wanting is the usual thing that comes out out of the egoic state of scarcity or lack which is always there when the ego predominates so I need that in order to fulfill myself in order to find satisfaction I need to achieve this in order to be fully myself this is the underlying assumption right and that is the old energy of wanting and so you go out and it becomes very stressful because you're trying to arrive at that point yes always trying to get away from this moment because the next one promises greater fulfillment

[Speaker 2] (4:54:58 - 4:54:59)

yes

[Speaker 1] (4:54:59 - 4:55:08)

the next one never comes because when it comes it's the now again which is a place you want to get away from completely insane right normal okay

[Speaker 2] (4:55:08 - 4:55:14)

so getting to the place where you can have enjoyment from things because enjoyment does what?

[Speaker 1] (4:55:15 - 4:55:25)

enjoyment brings an enormous empowerment to what you do and it flows into what you do and this is the beginning of creativity which comes out of that

[Speaker 2] (4:55:25 - 4:55:43)

when the creative power of the universe becomes conscious of itself it manifests as joy you don't have to wait for something meaningful to come into your life so that you can finally enjoy what you do there's more meaning in joy than you will ever need the waiting to start living syndrome is one of the most common delusions of the unconscious state

[Speaker 1] (4:55:44 - 4:55:56)

that's important because many people are trapped in that delusion they are waiting for something to come into their lives which will finally give them joy or a sense of aliveness okay

[Speaker 2] (4:55:56 - 4:56:19)

i love this 298 everybody joy does not come from what you do it flows into what you do and thus into this world from deep within you the misperception that joy comes from what you do is normal and is always dangerous because it creates the belief that joy is something that can be derived from something else such as an activity or thing don't people do things that bring them joy?

[Speaker 1] (4:56:20 - 4:57:21)

that's what it looks like but it's the same process that we talked about a little earlier when we talked about manifesting something from within the joy is there it comes from the fullness of life that you already sense within you at this moment okay so for example i have really enjoyed these webcasts yes i've really enjoyed doing these webcasts where does the enjoyment come from? from within you it doesn't come from this table or these lights or the cameras or even doesn't it come from the community of people out there? i've really enjoyed having all these people join us but the joy is within you and then it flows out it reaches everybody even through the cameras it can reach people and trigger joy in others can you all feel my joy?

yes but only within them so it's their own joy when they feel your joy they feel their joy because that's all it's one oh so they're not feeling my joy? no there's no such thing as

my joy ultimately oh that's only joy

[Speaker 2] (4:57:21 - 4:57:22)

it's only our joy

[Speaker 1] (4:57:22 - 4:57:28)

yes you could say that there's our collective joy yes yes so you see that the

[Speaker 2] (4:57:28 - 4:58:05)

okay that is exactly what i'm doing the misperception that joy comes from what you do is normal also dangerous creates a belief that joy is something that can be derived from something else you then look to the world to bring you joy bring you happiness but it cannot do that that is why people live in constant frustration you will only in the because the world's not giving them what they think they need you will only enjoy any activity in which you are fully present any activity that is not just a means to an end it isn't the action you perform that you really enjoy but the deep sense of aliveness that flows into it that aliveness is one with who you are i got that

[Speaker 1] (4:58:06 - 4:58:19)

right so i'm sure many people touch that place within as they watch this webcast they watch you talking they watch me talking suddenly they feel that that intense sense of aliveness within

[Speaker 2] (4:58:19 - 4:58:23)

but is that enjoyment the same as um pleasure

[Speaker 1] (4:58:24 - 4:58:25)

no it's not

[Speaker 2] (4:58:25 - 4:58:27)

pleasure i asked that question of myself yesterday

[Speaker 1] (4:58:27 - 4:58:34)

pleasure comes from something without outside of you okay so you derive pleasure from something outside of you

[Speaker 2] (4:58:34 - 4:58:54)

and i ask that because you say this means that when you enjoy doing something you're really experiencing the joy of being in its dynamic aspect that's why anything you enjoy

doing connects you with the power behind all creation i see i read that and i thought what about people who enjoy gambling or enjoy

[Speaker 1] (4:58:54 - 4:58:55)

these are pleasures

[Speaker 2] (4:58:55 - 4:59:02)

okay sex or enjoy being sadistic or enjoy harming other people

[Speaker 1] (4:59:02 - 4:59:04)

or enjoy things

[Speaker 2] (4:59:04 - 4:59:06)

the power of creation isn't behind that

[Speaker 1] (4:59:06 - 4:59:16)

or no we sometimes call that enjoy but there is no true joy in it okay it's being addicted to a pleasure something outside that feeds the ego or the plain body

[Speaker 2] (4:59:16 - 4:59:23)

and pleasure by the definition means pleasing me yes which would be ego

[Speaker 1] (4:59:23 - 4:59:24)

yes

[Speaker 2] (4:59:24 - 4:59:58)

got it got it okay let's go to our new earth study group that has gathered every week for the past 10 weeks at borders on michigan hi everybody in chicago we got a warm day in chicago aren't we happy i know i know people are out on the beach 68 degrees yes put our shorts on it's 68 degrees here thank you so much for your enthusiasm and participation we talked to sharon during one of our classes i think it was around the second web class and sharon's standing by now here you're going to be making some big changes

[Speaker 3] (4:59:58 - 5:02:50)

yes i am what what happened well just like eckhart was drawn to california to write the power of now i i i went on idealist.org and just decided to volunteer and someone responded back to me and it's in it's in the hague in netherlands the thing is i have to do it everything has lined up and i'm just drawn to do this i have student loans because i

have two graduate degrees and but yet i have all the money i need to do this i have the support of my support system here um you know through conversations i've had with different members of this uh book club i realized gosh you know what i really want to do this i absolutely want to do this and when i'm not in a space of acceptance i get scared and i say this does not make sense why am i doing this i flew to holland um last week no two weeks ago i've been back a week and i i interviewed with the gentleman i'm going to be working with he is an academic it's a it's an NGO and i i connect with him i i love what i'm actually doing research now but i'm back i'm going back i got an apartment i'm going to be there for some months you know maybe longer and because i feel drawn to do this and i feel encouraged to do this and things have just unfolded where i can absolutely afford to do this then it's all i was downsized it's all everything's lined up and i'm shocked by that i i absolutely when i think consciously of it or i don't know this is not my life this is not this never has happened to me before but whenever i i i go still by the way there was a uh a nick uh at the bodie tree yeah it and i i was sitting in my room in in uh holland crying uh the entire week i hadn't been able to use my computer because of course i used it first day and i ran out of um my code with my battery died on me and downstairs i troubles troubleshot with the uh why were you crying over nick why were you crying over nick because because he was talking about what i was feeling and worried about i need to be earning i i said

[Speaker 2] (5:02:50 - 5:03:12)

yeah that was a powerful thing that nick said because i think everybody's touched by that i mean anytime ever since that nick comment two weeks ago what eckhart said to nick about worrying i haven't had a worry since i thought well i can think about it i can choose to do something about it but i don't have to worry about it i i thought that was really powerful for all of us really powerful

[Speaker 3] (5:03:12 - 5:03:14)

yes it was powerful

[Speaker 2] (5:03:14 - 5:03:58)

so now you're in a situation sharon don't question things lining up because that is what is supposed to be happening and that is i will say to everybody who um is listening to us today that is what happens when you become more conscious you get to you are aware enough to see things line up because when you move through the world unconsciously you can't even see it line up you're not available to to to be a witness to the alignment and so as soon as you become more awakened and the more awakened you become the more things line up and you end up moving oprah moving with the flow of your life

[Speaker 3] (5:03:58 - 5:05:25)

right but here's what's exciting whenever when i sit and i'm quiet yeah and i i just you know so i was crying and i i i was able to watch it um because i was able to borrow a plug from somebody else in the hotel that was alignment right there so it worked yeah again it lined up so it was great so i i'm sitting on the bed and i'm crying i'm like what am i doing with my life then i'm i'm watching nick talk i'm dying of laughter of course and i'm sure they heard me in the next rooms but i said wow this is fantastic what's really neat is i i after it was over i shut down the computer and i sat and i said okay let's be still you feel kind of strange about this you don't feel you deserve this right now it's that's really what it was and i sat for a while and i said okay let me just sit with this if this is what i feel will it kill me if i don't feel great right now after that i stayed up all night and i just smiled at the sunset you know the sun came up i packed slowly i felt joy and i have felt joy since coming back except for driving in to talk you know to this uh last of our uh meetings because i'm going to miss everyone and i realize also i'm letting go of something is over now for me i'm not going to be going back into finance i know that um and well i want everybody

[Speaker 2] (5:05:25 - 5:05:33)

whatever well thank you so much sharon for sharing i appreciate sharing thank you and everybody at the borders for your commitment to this work and our web series

[Speaker 3] (5:05:33 - 5:06:08)

borders give yourselves a round of applause all our border buddies oh can i say one last thing oprah yeah can i say one last thing this by the way this group of people i i so love them i'm going around saying to everybody i love you i love you this has been the best group i'm i'm taking classes some people here teach and i'm taking classes with them i've spoken to other people and learned so much about not just myself but about the world and and i feel so joined with everyone this has been just the best experience for me and thank you so much for it great thank you thank you again

[Speaker 2] (5:06:08 - 5:06:33)

thank you our borders buddy isn't that the whole point of all of this is that when you become more awakened everybody things begin to flow in your life in a way that they had not before and that's what's supposed to be happening these you know you talk in the book about you know serendipitous encounters i don't think you use the word but things just start happening they line up

[Speaker 1] (5:06:33 - 5:06:51)

yes yes you have to be there for this to happen if you're not there you have to be there in the now so that life can work for you you can't if you deny life by denying them now life can't work it's like shutting closing the shutters the sun can't come in

[Speaker 17] (5:06:51 - 5:06:51)

yeah

[Speaker 1] (5:06:52 - 5:07:21)

the sun doesn't mind but the sun why not open the shutters and let the sun shine in which is the strange thing is that the it's when you no longer deny the present moment then not only do you see all the things that are lining up there to support you it also means more things are coming into your life

[Speaker 2] (5:07:21 - 5:07:21)

absolutely

[Speaker 1] (5:07:21 - 5:07:23)

be of assistance

[Speaker 2] (5:07:23 - 5:07:24)

absolutely

[Speaker 1] (5:07:24 - 5:07:26)

and so that's wonderful once you

[Speaker 2] (5:07:26 - 5:07:31)

evolutionary impulse of the universe yes yes rises up to me yes it does

[Speaker 1] (5:07:31 - 5:07:54)

it does not mean that you will never again encounter challenges right or or if you have a if you want to have a certain course of action you want to go from here to there always of course being conscious that the step you're taking at this moment is the most important step but you might still want to go from here to there but it does reduce the fear

[Speaker 2] (5:07:54 - 5:08:00)

oh yes it does reduce the fear yes because you know you can always bring your sense of presence to the whatever the moment is

[Speaker 1] (5:08:00 - 5:08:01)

yes

[Speaker 2] (5:08:01 - 5:08:02)

and that you'll be all right

[Speaker 1] (5:08:02 - 5:08:02)

yes

[Speaker 2] (5:08:02 - 5:08:03)

that's right

[Speaker 1] (5:08:03 - 5:08:38)

and as soon as you encounter a challenge not resist it but immediately come to an acceptance of the new situation and then see how that very often it turns around and becomes actually helpful yes in the same way that a martial arts master always uses the opposing energy he never the martial arts master does not fight against he uses the opponent's energy and gives into it and he wins by not by yielding to the oncoming energy

[Speaker 2] (5:08:38 - 5:08:41)

knowing how to surrender to the right yes oncoming energy

[Speaker 1] (5:08:41 - 5:08:41)

yeah

[Speaker 2] (5:08:41 - 5:08:56)

yes absolutely a question that we get asked all the time is how old is Eckhart? how old are you?

this body is 60 years old wow and why did you say this body?

[Speaker 1] (5:08:57 - 5:09:20)

well I don't feel that I am this age I mean if you look within nobody feels that it's only if you identify with the body that you believe that you are a certain age the consciousness that I am is ageless the consciousness that you are is ageless and you I'm sure you also feel that there's inside your consciousness which has nothing to do with the age of the physical body

[Speaker 2] (5:09:21 - 5:09:37)

do you do something for your skin? no these are all the questions that we have to ask of the 10th lesson because people write in and they say that Eckhart has such glowy skin is

there something you do especially for your skin Eckhart?

[Speaker 1] (5:09:37 - 5:09:53)

well one confession I need to make here is well my skin is usually fine I'm happy with my skin but here yes we have a very good makeup artist who does something to my skin before I come out here really? yeah Stella

[Speaker 2] (5:09:53 - 5:10:00)

Stella does so you're wearing like a little powder or something no whatever yeah yeah whatever

[Speaker 1] (5:10:00 - 5:10:51)

but my skin is fine I mean it's I'm happy with it and if you don't if you don't accumulate a lot of past inside then the aging process slows down quite a bit really say that again if you do not accumulate a lot of past inside your psyche by hanging on to past identifying with my past deriving a sense of self from past talking about the past thinking about the past then you carry this burden of past but if you let go of that past and focus primarily on present moment then the aging process I believe that and I've seen it in some people who are present the aging process of the body actually slows down considerably wow so six six oh yeah

[Speaker 2] (5:10:51 - 5:10:58)

your body is six oh years old yeah don't look at it you don't do anything like color your hair or anything

[Speaker 1] (5:10:58 - 5:10:58)

no

[Speaker 2] (5:10:58 - 5:11:10)

you don't okay no Botox okay yeah wouldn't we be just a little disappointed to find out Eckhart Mr. No Ego is Botox

[Speaker 1] (5:11:11 - 5:11:12)

what is that

[Speaker 2] (5:11:12 - 5:11:28)

what is Botox never mind it's too hard to explain what it is what is that can't even explain it now let's go to Denise who's Skyping us from her home office in Seattle, Washington Denise has a question that a lot of viewers have also asked Denise go ahead

[Speaker 7] (5:11:28 - 5:11:30)

hi Oprah hi Eckhart

[Speaker 11] (5:11:30 - 5:11:30)

hello hi

[Speaker 7] (5:11:30 - 5:11:42)

so when I go to bed and I'm feeling conscious and aware why then do I still have nightmares and do I have an ego while I'm while I'm sleeping good question

[Speaker 1] (5:11:46 - 5:12:20)

well some dreams are dreams that process things that haven't been faced completely during the day so many kinds of dreams are processing dreams and then there are other dreams that bring up different energies there can be pain body coming into a dream ego can come into the dream because normally in a dream you are not conscious that you are dreaming exceptional circumstances you may be I don't know whether you're ever conscious in the dream that you are dreaming are you

[Speaker 7] (5:12:21 - 5:12:22)

I can't remember

[Speaker 1] (5:12:23 - 5:13:19)

probably not so it is quite possible sometimes for the pain body to come up in a dream and the character that you represent in the dream is most likely an aspect of your ego ego in a dream of course you're completely identified with what's happening in the dream and there is usually and this is why I asked you this question there's usually an absence of the aware space where you are aware that you are a character in the dream and usually so you can have the awareness in your daily life here this is what this is all about is to live in a way so that you have a dimension in your life that so in the background of your life there's always the aware presence from there you are conscious of whatever you are doing whatever your mind is saying in a dream that's missing you don't have the level of awareness

[Speaker 2] (5:13:20 - 5:13:33)

unless you're conscious in the dream which I dream dreams and I'm conscious in the dream yes and I can say I can be in a dream and then say oh I'm dreaming now yes and if it's not a dream I want to be in I'll say gotta get out of here

[Speaker 1] (5:13:33 - 5:13:37)

that's nice yeah yeah or you could say in a dream okay I'm dreaming I can do anything

[Speaker 2] (5:13:37 - 5:13:49)

yeah I think I'll fly now but you don't do that in your dreams right so the question is whether or not your dreams are your ego sometimes they are not did you not also say well you did say in the book that sometimes when we dream

[Speaker 1] (5:13:49 - 5:14:08)

we go back to source yes yeah yes well there I talk about dreamless sleep yes because as you know when you sleep you have the dream stage which you go in and out of periodically and then occasionally you have the deep sleep state of dream sleep

[Speaker 2] (5:14:08 - 5:14:21)

say that on 282 I read that earlier each night without knowing it you return to the unmanifested source of all life when you enter the stage of deep dreamless sleep and then re-emerge again in the morning replenish so you've gone back to source energy

[Speaker 1] (5:14:21 - 5:14:32)

yes yes yes that's so it does help what do you do before going to sleep is that when you the last let's say the last 20 minutes or so what you're not watching the news are you

[Speaker 5] (5:14:33 - 5:14:38)

no I'm reading the new earth and so okay okay but even that

[Speaker 1] (5:14:39 - 5:15:30)

that's good but even that I would put it aside just for some minutes before you actually go to sleep so that there can be a space inside you rather than words and some of the words may actually help you get in touch with that space but then a time comes when you put the book aside and the best the most powerful the most helpful way of going into sleep is by lying on your back flat arms stretched out and put attention into the inner energy field of your body and feel the aliveness from your toes to the tip of your head scan your body with your attention a few times and then feel the entire energy field of the body as a single field of energy and it's

[Speaker 2] (5:15:30 - 5:17:11)

very it's very beautiful to that has helped me a lot that's actually since you said that about three classes ago has helped me do much better sleeping what I occurred is also I think emphasizing here for you Denise is that being more present in every moment of the day with whatever is going on in your life will allow you to not to have to deal with

whatever you didn't deal with during the day in your dreams because dreams are often the manifestation of your you know unconscious or subconscious mind trying to work things out that you didn't fully work out in the day that you didn't work out and so again the answer is being present with whatever is going on dealing with whatever needs to be dealt with in the moment so that it doesn't show up later on in your dreams and I do that particularly if you know I don't I am not a television watcher because I'm on television like the cobbler's children has no shoes but if I happen to be in a room and walk into a room and the television's on and it's something particularly disturbing image rather than flip from that image or try to deny that I saw that image I will literally take it in I will accept what I have seen and deal with it in my mind so that it doesn't show up later on in a dream and and and frighten me or disturb me you know so I try to deal with whatever is going to be disturbing when it is happening so that I don't have to process it later yes you know it's good very good yeah I hope that helps thank you that makes sense thank you well thank you thank you because yeah the dreams are just unmanifested

[Speaker 1] (5:17:11 - 5:17:35)

stuff yes that you didn't deal with yes yeah occasionally it happens that one has a deeper dream but they tend to be more rare where you have might have a sudden insight coming into a dream that you didn't have before a sudden realization or some kind of dream images that come that have a symbolic meaning in your life and are telling you something that can happen occasionally

[Speaker 2] (5:17:36 - 5:18:07)

also and that's beautiful when it happens well let's go to the third modality which is we've talked about acceptance yes if you can't bring acceptance enjoyment or enthusiasm and enthusiasm which uh is what kippy from tokyo had brought up earlier is the the the higher vibration of of uh modality for awakening that whenever you are enthusiastic that there is something else that comes into play there's an energy feel created that's bigger than you are yes it's particularly

[Speaker 1] (5:18:07 - 5:18:28)

it's an energy that is a is of a creative kind an energy that creates something brings something into this world I wouldn't say it's necessarily of a higher frequency frequency it's a more powerful frequency because it it's the outgoing movement that is connected however with the source

[Speaker 2] (5:18:28 - 5:18:48)

yeah and again we say that that is the kind of enthusiasm that's just not wild external enthusiasm but enthusiasm born of the spirit enthusiasm born of consciousness yes yeah we're not just talking about going to a bears game standing out there screaming for your

team no that's that's

[Speaker 1] (5:18:48 - 5:19:51)

excitement uh it's a sometimes the ego sometimes looks for states of excitement like that as substitutes for feeling the being for being out of touch with being then the ego looks for substitutes and excitement is one of them excitement sometimes through the media through watching the violent film or excitement through whatever um so acceptance then there are no clear dividing lines between these three modalities sometimes acceptance suddenly shifts into enjoyment and sometimes enjoyment shifts into enthusiasm right uh so if you let's say you're doing something that before you would have resented and suddenly you are able to realize okay there's resentment and denial inside me let's see if I can accept that I have to do this right now and so suddenly you bring acceptance to it and as you bring acceptance it and you're actually beginning to enjoy what you're doing yeah that is absolutely true this thing I had to

[Speaker 2] (5:19:51 - 5:20:30)

tell you I had to do this weekend I first was resenting it I went and sat in the closet with myself so I could change my attitude I decided I'm going to accept it and during the process of it I decided let me be 100 present and see what happens if I could just be one and that was my focus just to be 100 present and I started getting the kick out of it yes yeah yes yeah that's what we're skypeing again with a study group that has gathered at the Bodhi tree bookstore in West Hollywood hi everybody hi everybody and Nick I see Nick there okay who's at the microphone

[Speaker 5] (5:20:31 - 5:21:20)

is that Tatiana hi Tatiana has a question yes okay go ahead yes I do it's about acceptance and Eckhart says that uh acceptance looks like a passive state and I do have a big problem with that because sometimes I can't I I feel like I accept what is more and more in my life but at times I feel like I have to be proactive and I have to do something and at the same time I know that I have to step back and and be aware and be in the moment and that creates even more stress like I'm not getting it like I'm doing it wrong uh and I feel like a loser sometimes I feel like I'm not getting it so how do I make it go away like this guilt of you should know better oh well

[Speaker 1] (5:21:20 - 5:23:12)

that's an additional question that's an additional question so the first one is okay let's deal with the first part and the first part is the first part is that you believe that when you're in a state of acceptance uh you are no longer very effective that you cannot act effectively anymore is that what you believe absolutely no that's not the case that's a wrong view of what acceptance means and this is why we've been talking about bringing

acceptance into what you are doing so that acceptance is not separate from doing acceptance for it to be complete true acceptance needs to flow into the doing rather than take you away from the doing and say okay there's nothing I can do in some cases of course there is nothing you can do in certain situations in which case you simply accept at this moment there's nothing I can do there are other situations where you can do something where doing actually the situation requires you if you truly respond to the situation in the present moment it requires you to take action to do something and then something for you to experiment with now from now on is to see if you break can bring this energy field of acceptance and act out of that so that the action doesn't come out of inner resistance or a neediness or denial or denial or anger it comes out of a more peaceful state and then you will experience how powerful your action can actually be yeah did you get that Tatiana that acceptance

[Speaker 2] (5:23:12 - 5:23:40)

flows into the doing I think everybody who uh is misunderstanding is thinking that acceptance means that I'm saying this moment is okay and so I have to live with it and then do nothing with it or be passive he's saying you must first in in one of the earlier classes you use the example of the of the of the bus in the mud the wheels are in the mud yes or you are I'm stuck in the

[Speaker 1] (5:23:40 - 5:23:45)

mud let's say I'm walking out somewhere and suddenly I'm stuck in the mud to my knees

[Speaker 2] (5:23:45 - 5:23:58)

you're stuck in the mud to your knees you must first accept that you're stuck in the mud to your you can't curse the fact that you're stuck in the mud to your knees you can't deny that you're stuck in the mud to your knees you can't the energy that you spend wanting not to be stuck in the mud to

[Speaker 1] (5:23:58 - 5:24:03)

your knees is all wasted energy and it gets you stuck more deeply gets you stuck more if you're

[Speaker 2] (5:24:03 - 5:24:17)

struggling you must accept and let the acceptance that you're stuck in the mud on your knees flow into now what do I do to get myself out of the mud yes and this now what do I do is a state of alert

[Speaker 1] (5:24:17 - 5:25:00)

attention yes so you it and that's a high frequency it's a state of it comes up okay you

almost listen it's not not an auditory listening but I'm using the analogy of listening it's a state of alert attention what do I do now and suddenly okay there's a moment of space you don't know and then out of that you do the doing arises spontaneously or a thought comes into your head that tells you what to do and that'll be empowered and that's your practice with little things first perhaps practice with things that usually you don't like doing so you bring a little bit of resistance to it even simple things you might not like going to the supermarket or you might not like

[Speaker 2] (5:25:01 - 5:25:13)

driving to work or whatever it is accepting what is that's what acceptance means I accept what is in this moment and now we'll decide what do I do to change this moment yes but I won't deny this

[Speaker 1] (5:25:13 - 5:26:16)

moment for what it is or wish that it was something else yeah and you won't feel guilty Tatiana yeah now yes now can we come to the second part or the second question which is your mind is telling you something that you are not good enough yes like I'm doing it wrong yes so there's nothing wrong you're you now know what to do and don't believe your mind when it tells you you can't do it you're not good enough these are things that often the mind will throw up especially when people try to be present or to become to be still the mind will say not now because I've too much on my mind I've got too much to think I can't do it not now possibly not now maybe tomorrow I'll try again yes yes it happens to me all the time the mind will always tell you why you cannot be present now because the mind doesn't like presence because it's the end of the mind yeah Tatiana and everybody

[Speaker 2] (5:26:16 - 5:26:59)

at the Bodhi tree thank you so much Nick see what a powerful influence you've had for your you're worrying about Nick's worried about his bill Sharon's in the hotel room crying because Nick's worried about his bill unbelievable everybody at the Bodhi tree thank you so much for for your sense of community Bodhi buddies thank you our Bodhi buddies thank you so much Tatiana so do you think that in these 10 weeks we have evolved I know somebody last week had a problem with the word evolution but do you think in these past weeks this community our new tribe of new earth readers we've evolved to a higher level of consciousness a new way of being in the world

[Speaker 1] (5:26:59 - 5:29:14)

yes I believe a new earth yes I believe for many people it's been an opening so that this suddenly this new dimension has come into their lives and once it has come into your life there's no going back it can be obscured for a while if you get identified with the mind

again or with the pain body because don't you have to work on it all the time that helps even if you don't work on it it's there and eventually something will then happen in your life that will put you back in touch with it it could be a crisis but my recommendation is not to wait for a crisis in your life that forces you to become present again but to choose presence as much as possible in your daily life to choose the present moment to always check inside what your relationship is with the present moment the primordial question what's my relationship with this moment is it friendly or is it dysfunctional and that tells you everything if it's dysfunctional it means your future is going to manifest that if it's friendly open and accepting then the so-called future is going to manifest that it's as simple as that do you ever have problems eckhart do you have problems no i don't create problems challenges happen always you don't get life will always challenge you in one way or another and that is good but there's no need to transform the challenges of life into problems by dwelling on things mentally if you cannot take any action at this moment to turn things around in your mind which is where worry comes in related to worry is problem making it's the it's a mental problem making so i don't have problems but not because there are no challenges in my life because no matter what stage in life you reach there's always some kind of challenge right life is designed in that way the world is not here to make you conscious sorry the world is not here to make you happy right it's here to make you conscious yes and

[Speaker 2] (5:29:14 - 5:29:46)

when you bring consciousness into your life for all of those who um have been conflicted over the past weeks about their religious beliefs when you bring consciousness into your life what you're really saying is that you're bringing in allowing the spirit of that which is god to flow through you and be the preeminent force in your life isn't that what you're saying yes yes yes it's no longer the little me the little me yeah you are connecting yourself to the bigger

[Speaker 1] (5:29:46 - 5:30:14)

sorts to the source of all things yes and let it then flow through you and then this is for example where creativity comes into your life it's all create true creativity can only come in when you let that dimension into your life so the source energy manifests through you and creativity can start with a little thing like even a tiny creative thought or some new way of looking at

[Speaker 2] (5:30:14 - 5:30:56)

something is already a sign of creativity but most important it's recognizing that when you can be conscious of the consciousness when you bring the presence of that which is consciousness or the spirit of a higher power or the spirit of god into your life and you allow that to direct your path that then all things come to you as they should yes yeah you that's how you create the flow yes that's the flow entering the flow yeah and that is

how you say um a new species is arising on the planet it is arising now and we are it yes yes this is such a enormous shift in

[Speaker 1] (5:30:57 - 5:31:24)

consciousness that's happening it's almost this is why i use that expression it's almost as if we were transforming into a new species for the first time a conscious species it's almost as if humanity was only now beginning to actually wake up yes but mick would you share with the rest of the audience

[Speaker 2] (5:31:24 - 5:31:58)

at the end of this um just before we started this class uh i had said a thank you to all the the crews who made this possible and oprah.com all the oprah.com staff who's worked so hard the past 10 weeks and our book club staff and producers and everybody uh we had a thank you to everybody and eckhart because of my my book and the condition of my book presented me with a leather bound copy of a new earth would you share with them what you wrote in my book i wrote a little uh the little

[Speaker 1] (5:31:58 - 5:32:57)

poem that i also quote in chapter 10 by the persian poet hafez which starts i am a hole in the flute that the christ's breath moves through listen to this music that's the poem i am a hole in the flute i'm not the flute i'm a hole in the flute that the christ's breath god's breath moves through listen to this music so i wrote this little poem and i said to oprah she was a wonderful hole that energy is moving through her and the world is listening to this music thank you for allowing

[Speaker 2] (5:32:57 - 5:33:38)

me to do that with this magnificent piece of work that you've given to us through your words and obviously you are the whole also yes for which christ's breath the breath of god the breath of all energy and creation flowed through you in order for you to write this i mean as i have read it over and over again now on my fourth reading i i marvel at how you were able to put these sentences together in such a way that they connect to have connected to me and to um all of you all around the world so yes thank you for this experience thank you and everybody else

[Speaker 1] (5:33:38 - 5:33:46)

of course is also that in essence you are the opening for that dimension to come into this

[Speaker 2] (5:33:46 - 5:35:37)

world that's right and anything that we do that is creative or is successful or is good comes from that source flowing through us yes it is not of our doing no but of the greater

doing yes of consciousness so i want to thank you all for being a part of this really magnificent journey it's been um a part of what i know is my life's calling to be able to be the hole for all of this to flow through so i especially want to thank you and uh you and kim for coming to chicago these past 10 weeks every single week to share a new earth with all of us as i said earlier i really encourage all of you to let this be your summer rereading book um and if you've enjoyed it you should pass it on there's no greater gift than sharing it that's why i wanted to share it with you all there's no greater gift than sharing it with somebody that you care about and having their lives also be awakened and transformed by the words that point you in the direction of the experience of awakening so you can all begin to re-watch our webcast this summer uh please join me next monday may 12th for the start of my soul series webcast because so many people said what do we do now here on oprah.com i'll be talking to dr jill bolty taylor she's the brain scientist who had a catastrophic stroke and experienced much of what we've been talking about in our new earth webcast our soul series will continue throughout the summer with spiritual thinkers and authors from every walk of life so i hope you'll keep mondays reserved for oprah.com tonight's class will be available on demand tomorrow for free here at oprah.com and if you want to download or watch any of our other classes you can do that tomorrow at oprah.com and of course itunes it's free because of the generous support of nature made soft gel vitamins what are we going

[Speaker 1] (5:35:37 - 5:36:09)

to do next monday another way of being able to continue to connect with the energy would be perhaps one is rereading this book of course not necessarily from the beginning just opening it places that you've outlined yeah yes and also i there are lots of uh i've done retreats and talks so on my website people can get talks or retreats and just listening to a talk like two or three hour talk can get put you back in touch with this with the presence that's right and you can always

[Speaker 2] (5:36:09 - 5:36:25)

download load the webcast yes yes and uh we'll be back in the fall there's no telling what we'll do that's right there's no telling this is just the beginning so thank you all and again as gandhi said let's all go out in the world and be the change we want to see yes thank you yes thank you

[Speaker 1] (5:36:28 - 5:36:29)

great